all we need is *love*

make it or bake it: swoon-worthy crafts & treats

woman's day

slow cooker *magic*

MEATLOAF MINIS

CHEESY STUFFED SHELLS

& EVEN DESSERT *yay!*

LET'S GET COZY

shades of love **triple-layer cake** with rich buttercream frosting

candy decoder

find the healthy(!) chocolate

P. 71

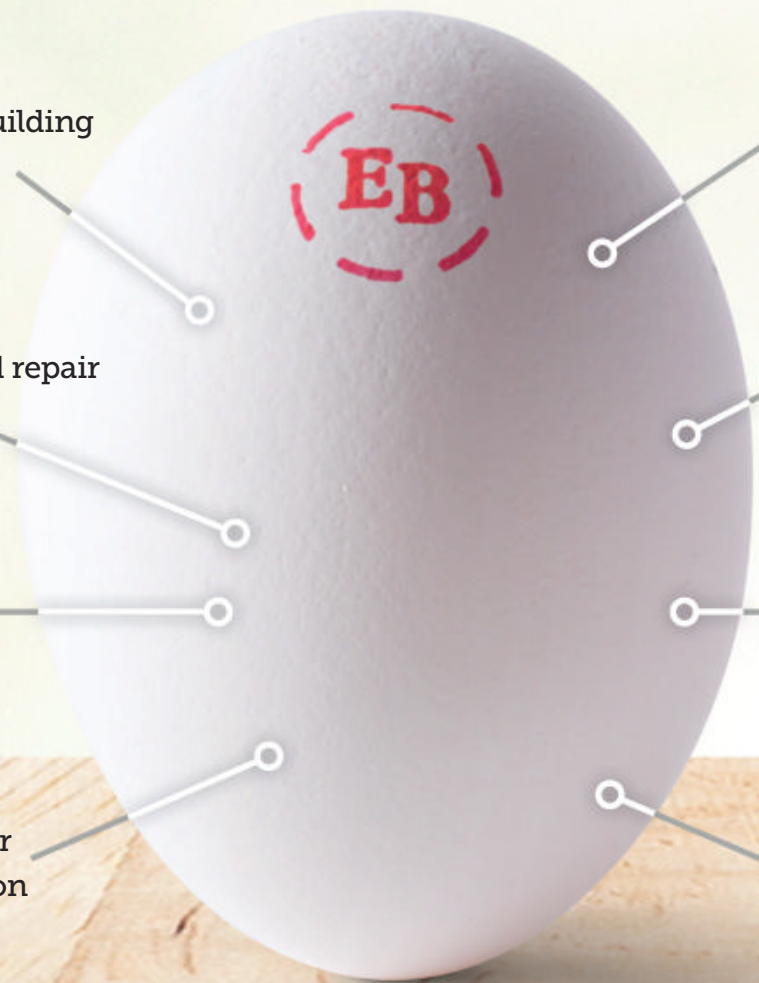
Is your *good* friend *bad* for you?

quiz, P. 9

...take another little piece of my heart-shaped cake!

love stories to warm your heart

Better nutrition.
Stronger immunity.
Today, more important than ever.



6 times more vitamin D* for building immunity and strong bones

6 grams of protein to build and repair tissue and stay strong

38% more lutein* for good eye health

Nearly 50% more selenium* for thyroid and metabolism function

10 times more vitamin E* to help protect cells from damage

80 mcg of vitamin A–important for immunity and eye health

Nearly twice as much folate (vitamin B9)*–great for expectant mothers

Twice as much iodine* for thyroid health

These times call for the better egg–only Eggland's Best. Providing superior nutrition to help you and your family maintain a strong immune system and support overall health. And, produced with the highest quality standards to ensure that you and your family are getting nothing but the best.

FARM FRESH
EGG·LAND'S BEST
QUALITY EB APPROVED

*Compared to ordinary eggs

Better taste. Better nutrition. Better eggs.®

February 2021

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Jammin' Heart Cookies

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perfect present!
Tuck in with tissue paper and tie with a bow for a made-with-love treat.

on the cover

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Candy decoder **71**
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Photography by Mike Garten
Food styling by Anna Helm Baxter
Prop styling by Lis Engelhart

CON POULOS.

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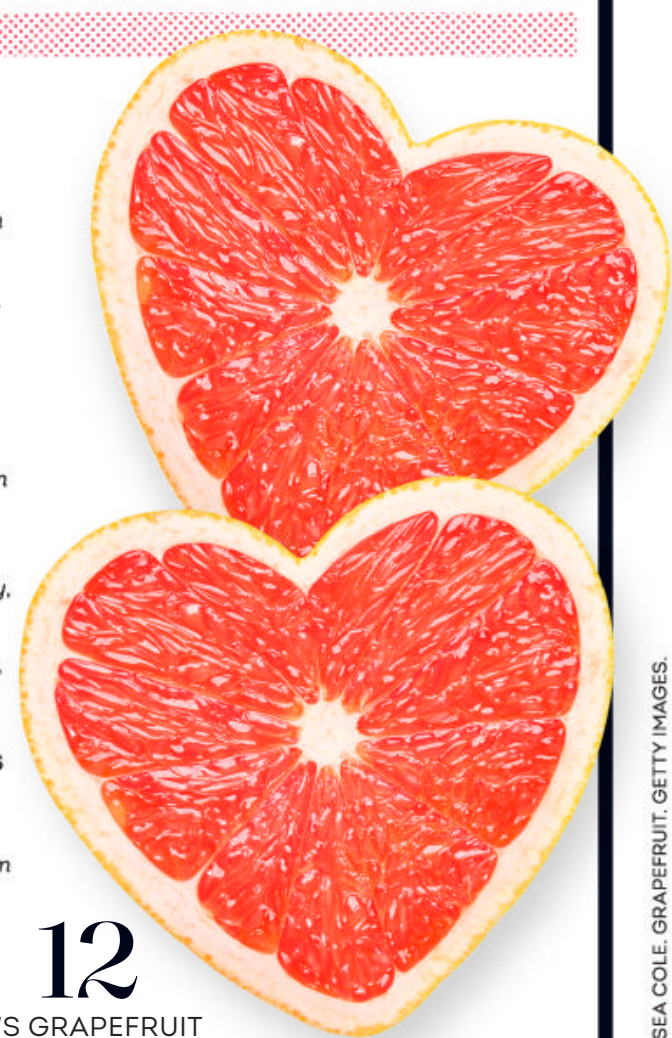
how to reach us

SUBSCRIPTIONS
online
service.womansday.com
mail
Woman's Day,
PO Box 37870, Boone, IA 50037-0870
telephone
800-234-2960

EDITORIAL
email
womansday@hearst.com
telephone
212-649-2000
mail
Reader Mail, *Woman's Day*,
300 West 57th Street
New York, NY 10019
When requesting a reply, include telephone number and address.

REPRINTS AND EPRINTS
Contact Brian Kolb, Wright's Reprints, 877-652-5295 or *bkolb@wrightsreprints.com*



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IT'S GRAPEFRUIT MONTH!

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TRUFFLES: KAT TEUTSCH. CHEF: CHELSEA COLE. GRAPEFRUIT: GETTY IMAGES.

Didja know...
The first valentine was a poem sent from a French duke to his wife in 1415.

OUR LATEST LITTERVENTIONS :
NATURAL LITTERS THAT ACTUALLY WORK!

WITH ODOR-FIGHTING PLANT EXTRACTS

WITH ODOR-ABSORBING ACTIVATED CHARCOAL

THERE'S A TIDY CATS FOR THAT ®

PURINA® Your Pet, Our Passion.®

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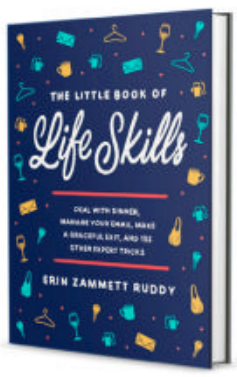
My *Yay!* List

Fun finds that made me say *yay!*

Nice-price tech
With everything from school to workouts now virtual, the Surface Go 2 laptop has been a lifesaver for my family of five. From $400, *microsoft.com*



Awesome advice
The Little Book of Life Skills by Erin Zammett Ruddy backs up my relentless need to make my bed! $20, *bookstores*

Yay to the yum!
Better than a box of chocolates: gluten-free macarons! Use code YAY10 to save 10%. $40, *danasbakery.com*

Love thy cashier

I spelled out my name into the phone excruciatingly slowly: "M-U-R-P-H-Y." It was eight minutes into what should have been a two-minute call to renew my kids' prescriptions. As I slogged through each name, it was clear that the clerk was getting frustrated and my bad mood was getting the best of me. When it finally came time to give my credit card number, I needed a chill pill more than my three kids needed those vitamins. But this man didn't deserve my rage, so I downshifted and said, "You know, you have a really cool voice," because his was as rich and smooth as cough syrup. "You could be a radio DJ!" He was quiet, but I swear I heard relief tinged with surprise. I found out that Dave was in fact a retired radio announcer who had taken a job at the pharmacy to stay busy. We chatted for a few extra minutes, and after hanging up, I felt like myself again, out of the tantrum I almost got caught in. Sure that call lasted way too long, but thanks to those final minutes, I made a buddy I'd see in person at the store later. My challenge to you this month: See every seemingly mundane interaction as an opportunity–a chance to form a connection or strengthen a bond, to see and be seen, to share your humanity with another person and register theirs. Let these interactions take on more meaning and unleash a current of positive energy. I promise you'll come away feeling calm, happier, and loved.

IT'S HERE!
For more on the power of love, pick up my new book, *Your Fully Charged Life*, out now.

Meaghan

@meaghanbmurphy
@theyaylist

MURPHY: LAUREN ANZEVINO. NOTEPAD AND PENCIL: GETTY IMAGES.

Think inside the box tonight.

GOYA® Yellow Rice.
Real convenience for Real-Life Chefs.

Shrimp Paella

Ingredients

1 tbsp. GOYA® Extra Virgin Olive Oil

1 small onion, finely chopped (about ¾ cup)

1 pkg. (3.5 oz.) GOYA® Chorizo, cut in ¼" slices

1 tsp. GOYA® Minced Garlic

1 pkg. (7 oz.) GOYA® Yellow Rice

¼ cup GOYA® Pitted Alcaparrado, rinsed and roughly chopped

¾ lb. large shrimp, peeled and deveined

1 jar (4 oz.) GOYA® Fancy Pimientos, drained

1 tbsp. finely chopped fresh parsley

For step-by-step instructions, visit goya.com/paella

If it's **GOYA** *it has to be good!.*

GOYA® Yellow Rice - versatile and easy-to-make. It can be used as an ingredient in a flavorful main dish or as a delicious side, thanks to its secret blend of onion, garlic and other rich Latin spices.

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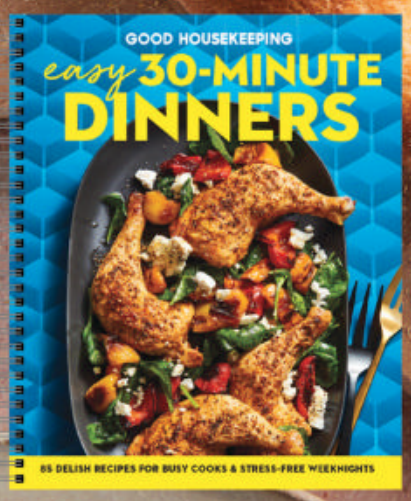
FROM THE EXPERTS AT THE GOOD HOUSEKEEPING INSTITUTE

easy 30-MINUTE DINNERS

85 DELICIOUS RECIPES YOUR FAMILY WILL LOVE!



WOMANSDAY.COM/DINNERS

smile file

Save these dates: There are a whole lot of happy-makers to put on your calendar!

winter fun

Save the dates!

Hi, Hi Birdie

★ **FEBRUARY** ★

It's **National Bird Feeding Month**, and birds especially benefit from feeders in the winter. This stunner is designed for hummingbirds, but you can fill your own feeder with black oil sunflower seeds (a crowd-pleaser!) to fuel a variety of winged friends.

Glass Hummingbird Feeder, $52, *wayfair.com*

BIRDS: GETTY IMAGES.

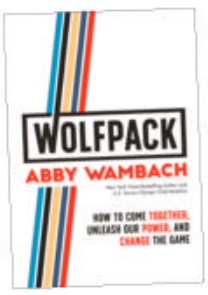
Kate Parker
Author

Girl Power Picks

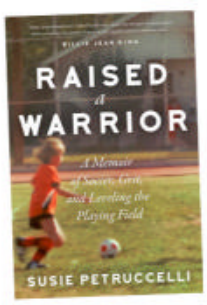
★ **FEBRUARY 3** ★

For **National Girls and Women in Sports Day**, Kate Parker, author of *Strong Is the New Pretty* and the new book *Play Like a Girl*, full of wisdom learned on the soccer field, shares her most inspirational reads.

FURIA
By Yamile Saied Méndez
A young soccer phenom who lives with her disapproving parents conquers her big dreams, both on and off the field.



WOLFPACK
By Abby Wambach
Fierce, unrelenting, and always a team player, pro athlete Abby Wambach writes exactly how she played–with no limits.



RAISED A WARRIOR
By Susie Petruccelli
In this memoir, Petruccelli shares her experience as a college soccer star while exploring the importance of women in sports.

Slice, slice, baby.

YOU WANT A PIZZA THIS!

★ **FEBRUARY 9** ★

On **National Pizza Day**, ask your local pizzeria if it can whip up a Cupid-approved pie.

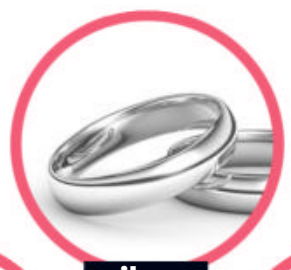
Are You Smarter Than a Fifth Grader?

★ **FEBRUARY 7** ★

Put your science skills to the test on **National Periodic Table Day** and see how many chemical elements you can match to their symbols.

11	29	79	50	47
Na	Cu	Au	Sn	Ag
a	b	c	d	e

gold


silver

tin

sodium

copper

ANSWERS: a – sodium; b – copper; c – gold; d – tin; e – silver

PARKER: COURTESY OF SUBJECT. PERIODIC TABLE DAY: GETTY IMAGES (5).

Didja know...
Giving Hearts Day, on February 11, is the longest-running day of charitable giving in the United States.

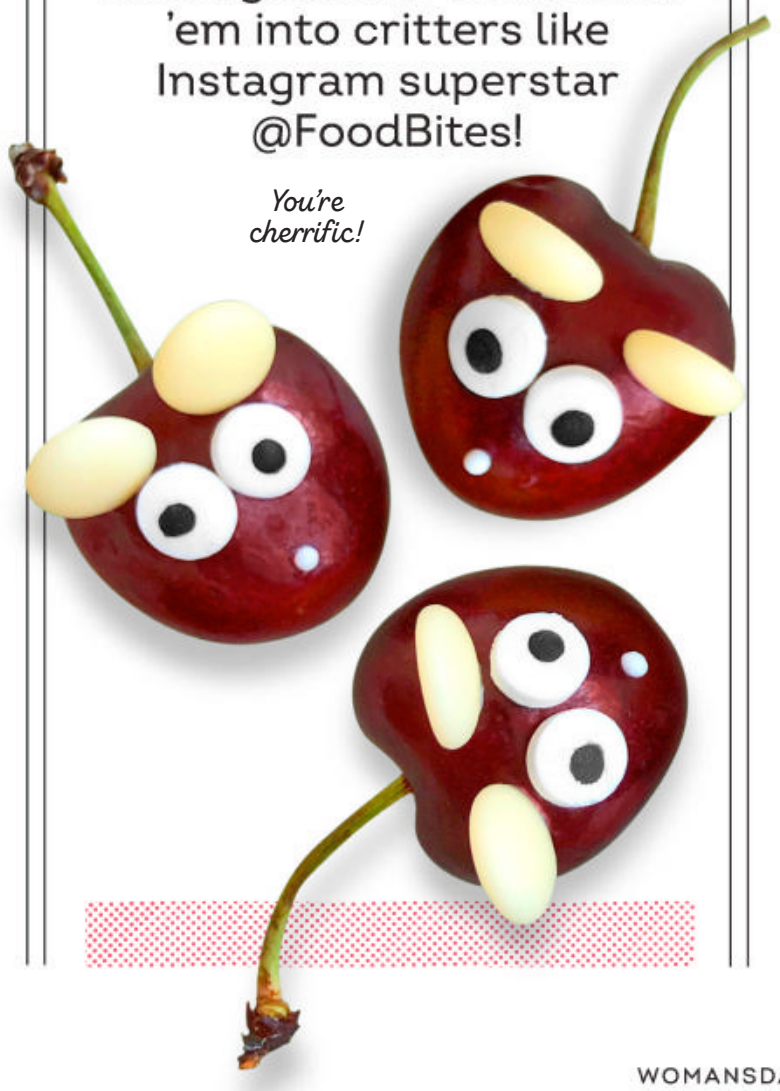
> **There are thousands of forms of joy, but all are essentially the joy of being able to love.**
>
> MICHAEL ENDE, author of *The Neverending Story*

NATIONAL CHERRY MONTH

★ **FEBRUARY** ★

Turn cherries into syrup for ice cream, fold 'em into batter for baked goods, or transform 'em into critters like Instagram superstar @FoodBites!

You're cherrific!



PUNNY BUSINESS

National Muffin Day

★ **FEBRUARY 20** ★

Terri Cole *Psycho-therapist*

Make a Friend Day

★ **FEBRUARY 11** ★

Before you expand your circle, it's a good idea to reevaluate your current one. **Terri Cole**, a psychotherapist and the author of *Boundary Boss* (out in April), says, "Not every friend is going to be a lifer, and we don't need them to be." Here are three key questions you should ask when determining which relationships to let go:

- **Is the friendship unbalanced–do you feel like you give and they take?**
- **Does spending time with them drain your energy?**
- **Do they find it difficult to accept and support your successes?**

Did these questions strike a chord? Get Terri's free friendship health assessment tool at *terricole.com/friendship*.

PIZZA: GETTY IMAGES. CHERRIES: FOODBITES. COLE: COURTESY OF SUBJECT. FRIEND DAY: GETTY IMAGES.

For certain adults with **newly diagnosed metastatic non-small cell lung cancer (NSCLC)** that **tests positive for PD-L1**

OPDIVO® (nivolumab) + YERVOY® (ipilimumab) = **A CHANCE FOR MORE SNUGGLY SUNDAYS**

A Chance to Live Longer™

THE 1ST AND ONLY FDA-APPROVED **CHEMO-FREE COMBINATION** OF 2 IMMUNOTHERAPIES THAT WORKS DIFFERENTLY

In a study of newly diagnosed advanced NSCLC patients, half of those on OPDIVO + YERVOY were alive at 17.1 months versus 14.9 months on platinum-based chemotherapy.

Results may vary. OPDIVO® + YERVOY® is not approved for patients younger than 18 years of age.

Indication & Important Safety Information for OPDIVO (nivolumab) + YERVOY (ipilimumab)

Only your healthcare professional knows the specifics of your condition and how OPDIVO in combination with YERVOY may fit into your overall therapy. The information below does not take the place of talking with your healthcare professional, so talk to them if you have any questions.

What are OPDIVO and YERVOY?

OPDIVO and YERVOY are prescription medicines used to treat people with a type of advanced stage lung cancer called non-small cell lung cancer (NSCLC). OPDIVO may be used in combination with YERVOY as your first treatment for NSCLC when your lung cancer has spread to other parts of your body (metastatic) **and** your tumors are positive for PD-L1, but do not have an abnormal EGFR or ALK gene.

It is not known if OPDIVO and YERVOY are safe and effective when used in children younger than 18 years of age.

What is the most important information I should know about OPDIVO and YERVOY?

OPDIVO and YERVOY are medicines that may treat certain cancers by working with your immune system. OPDIVO and YERVOY can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death and may happen anytime during treatment or even after your treatment has ended. You may have more than one of these problems at the same time. Some of these problems may happen more often when OPDIVO is used in combination with YERVOY.

Call or see your healthcare provider right away if you develop any new or worse signs or symptoms, including

- **Lung problems:** new or worsening cough; shortness of breath; chest pain
- **Intestinal problems:** diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; severe stomach-area (abdominal) pain or tenderness
- **Liver problems:** yellowing of your skin or the whites of your eyes; severe nausea or vomiting; pain on the right side of your stomach area (abdomen); dark urine (tea colored); bleeding or bruising more easily than normal
- **Hormone gland problems:** headaches that will not go away or unusual headaches; eye sensitivity to light; eye problems; rapid heartbeat; increased sweating; extreme tiredness; weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness
- **Kidney problems:** decrease in the amount of urine; blood in your urine; swelling in your ankles; loss of appetite
- **Skin problems:** rash; itching; skin blistering or peeling; painful sores or ulcers in mouth or nose, throat, or genital area
- **Eye problems:** blurry vision, double vision, or other vision problems; eye pain or redness

Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with OPDIVO and YERVOY. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include:

- Chest pain; irregular heartbeat; shortness of breath; swelling of ankles
- Confusion; sleepiness; memory problems; changes in mood or behavior; stiff neck; balance problems; tingling or numbness of the arms or legs
- Double vision; blurry vision; sensitivity to light; eye pain; changes in eye sight
- Persistent or severe muscle pain or weakness; muscle cramps
- Low red blood cells; bruising

Getting medical help right away may help keep these problems from becoming more serious. Your healthcare team will check you for these problems during treatment and may treat you with corticosteroid or hormone replacement medicines. Your healthcare team may also need to delay or completely stop your treatment if you have severe side effects.

What should I tell my healthcare provider before receiving OPDIVO and YERVOY? Before you receive OPDIVO and YERVOY, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have received an organ transplant

- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area in the past and have received other medicines that are like OPDIVO
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. OPDIVO and YERVOY can harm your unborn baby
- are breastfeeding or plan to breastfeed. It is not known if OPDIVO or YERVOY passes into your breast milk. Do not breastfeed during treatment with OPDIVO or YERVOY and for 5 months after the last dose of OPDIVO or YERVOY

Females who are able to become pregnant: Your healthcare provider should do a pregnancy test before you start receiving OPDIVO or YERVOY.

- You should use an effective method of birth control during your treatment and for at least 5 months after your last dose of OPDIVO or YERVOY. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment with OPDIVO or YERVOY. You or your healthcare provider should contact Bristol Myers Squibb at 1-844-593-7869 as soon as you become aware of the pregnancy.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare providers and pharmacist when you get a new medicine.

What are the possible side effects of OPDIVO and YERVOY?

OPDIVO and YERVOY can cause serious side effects, including:

- **See "What is the most important information I should know about OPDIVO + YERVOY?"**
- **Severe infusion reactions.** Tell your healthcare team or nurse right away if you get these symptoms during an infusion of OPDIVO or YERVOY: chills or shaking; itching or rash; flushing; shortness of breath or wheezing; dizziness; feel like passing out; fever; back or neck pain
- **Complications, including graft-versus-host disease (GVHD), of bone marrow (stem cell) transplant that uses donor stem cells (allogeneic).** These complications can be severe and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with OPDIVO or YERVOY. Your healthcare provider will monitor you for these complications.

The most common side effects of OPDIVO when used in combination with YERVOY include: feeling tired; diarrhea; rash; itching; nausea; pain in muscles, bones, and joints; fever; cough; decreased appetite; vomiting; stomach-area (abdominal) pain; shortness of breath; upper respiratory tract infection; headache; low thyroid hormone levels (hypothyroidism); decreased weight; and dizziness.

These are not all the possible side effects of OPDIVO and YERVOY. Call your doctor for medical advice about side effects.

You are encouraged to report side effects of prescription drugs to the FDA. Call 1-800-FDA-1088.

OPDIVO (10 mg/mL) and YERVOY (5 mg/mL) are injections for intravenous (IV) use.

This is a brief summary of the most important information about OPDIVO and YERVOY. For more information, talk with your healthcare providers, call 1-855-673-4861, or go to www.OPDIVO.com.

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7356US2002303-03-01 12/20

Grapefruit... a great fruit!

★ **FEBRUARY** ★

Need a reason to squeeze this citrus into your diet? Well, it's **National Grapefruit Month**–plus, they contain compounds studies show can help fight heart disease!

Make arrangements

★ **FEBRUARY 28** ★

On **National Floral Design Day**, try our best tricks for creating beautiful bouquets and keeping blooms fresh

1 CHOOSE VARIETY
For a more colorful and fun bouquet, select some flowers that have already bloomed and others that are just budding.

2 FORGET SYMMETRY
Aim for off-center harmony. For every two big flowers on one side of the vase, add a single blossom to the opposite side.

3 CUT RIGHT
Using sharp scissors, trim stripped stems at a 45-degree angle to prevent wilting and discourage mold.

4 CHANGE WATER DAILY
Swap out the water in the vase once a day and give stems a small trim every few days to keep bacteria at bay.

April Franzino
WD Beauty Director

Winter Skin Relief

★ **ALL WINTER LONG** ★

Soothe your skin's harsh-weather woes with April's favorite products

best body

These moisturizers work like conditioner, but for skin. Apply post-wash in the shower to leave skin softeners behind.

Olay Rinse-Off Body Conditioner with Shea Butter, $6; **Jergens Wet Skin Moisturizer**, $8, *both at drugstores*

fabulous face

Get a moisture boost: Smooth cream onto damp skin (splash on H_2O or a face mist first), or mix a dab with your liquid or cream foundation.

SheaMoisture 100% Virgin Coconut Oil Daily Hydration Face Lotion, $11, *drugstores*

hands + feet

Give dryness-prone spots special treatment by slipping on gloves or booties infused with nourishing ingredients.

Aveeno Repairing Cica Hand Mask, $4, *drugstores;* **Nails Inc. Thirsty Feet Foot Mask**, $9, *Target*

FLOWERS AND GRAPEFRUIT: GETTY IMAGES.

Didja know...
The concept of Groundhog Day (February 2) comes from Germany and the holiday known as Candlemas.

American Built and Registered Ships

AMERICAN CRUISE LINES

Sophisticated Exploration

Rolling on the Mighty Mississippi

For over 30 years, American Cruise Lines has been the leader in U.S. cruising. Explore places inaccessible to large ships as you enjoy the sophisticated atmosphere of the newest small ships in the USA.

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MADE WITH REAL CHICKEN
myperks earn rewards at catchow.com
PURINA Your Pet, Our Passion.

Kimberly Gallien
Therapist

National Get Up Day

★ **FEBRUARY 1** ★

Experiencing a winter slump? **Kimberly Gallien**, a licensed clinical social worker, shares easy ways to lift yourself up and feel better.

CHANGE YOUR ENVIRONMENT. Go outside for a minimum of five to 10 minutes a day to get those natural endorphins pumping.

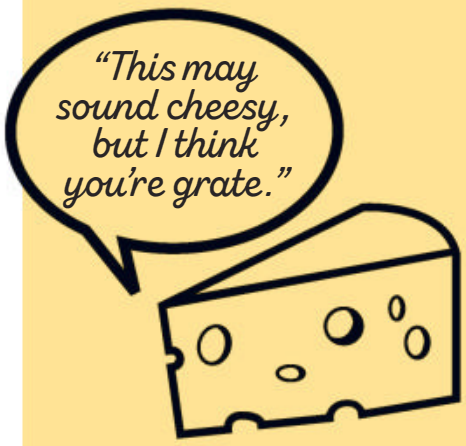
CREATE A ROUTINE. When you're in a bad mood, it's easy to say "I don't want to go out" or "I don't want to eat breakfast." The structure of a healthy routine will help jump-start your motivation.

FIND A HOBBY. Spend a portion of the day on a lighthearted activity like painting or cross-stitch. Doing something that brings tranquility and peace will help you let go of the worries of the day.

PUNNY BUSINESS

National Cheddar Day

★ **FEBRUARY 13** ★



Custom Pet Portrait, from $80, *etsy.com/shop/hommesurlalune*

Pet Hoodie, $30, *etsy.com/shop/whiskersworld*

Ulti-Mutt Pet Presents

★ **FEBRUARY 20** ★

National Love Your Pet Day is just another convenient excuse to spoil your buddy. These custom picks should do the trick.

Personalized Cat Bowl Mat, $25, *etsy.com/shop/personalproductsco*

RECORD PLAYER: GETTY IMAGES. GALLIEN: COURTESY OF SUBJECT.

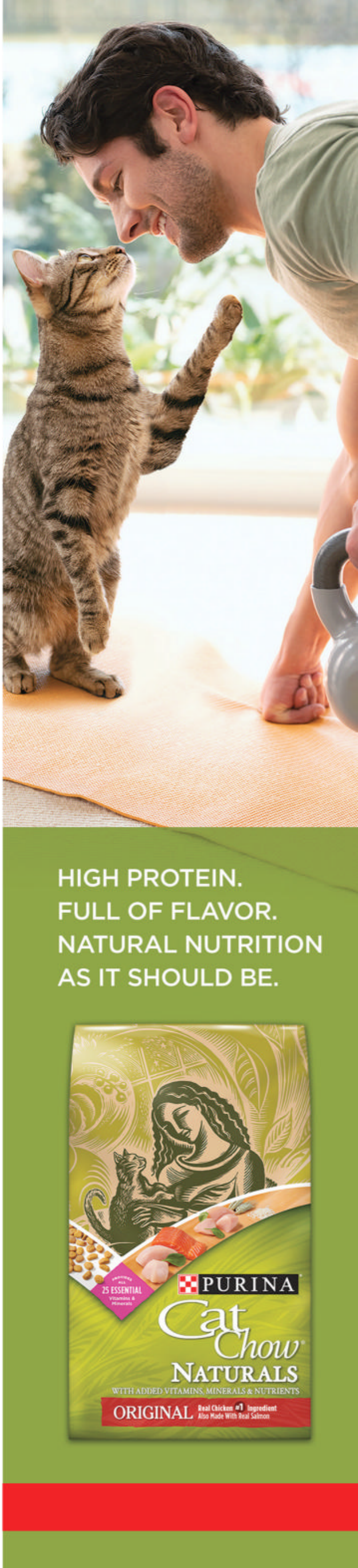
Blast From the Past

★ **FEBRUARY 27** ★

It's time for a throwback! Celebrate **National Retro Day** with a living room dance party and these old-school tunes

- ***Let's Twist Again*** CHUBBY CHECKER
- ***Crocodile Rock*** ELTON JOHN
- ***Dancing Queen*** ABBA
- ***Stayin' Alive*** BEE GEES
- ***Twist and Shout*** THE BEATLES
- ***Call Me*** BLONDIE
- ***Hungry Like the Wolf*** DURAN DURAN
- ***Come On Eileen*** DEXYS MIDNIGHT RUNNERS

Didja know...
February 21 is National Sticky Bun Day! The U.K.'s version of a sticky bun is called a Chelsea bun.



Hey, hey! It's my birthday!

I'M TURNING 46!

Life is a beautiful ride for fashion expert Christine Bibbo Herr

by Kelsey Hurwitz

Birthday celebrations have changed dramatically for Christine, founder of the blog *NYC Pretty*, since her 20s. "I used to make a huge deal of it and have a whole birthday week," says the stylist and lifestyle expert. But as she approached 40, she started to prefer private getaways for two over all-night dance parties and Hula-Hoop contests: "I told my husband I'd rather go on an awesome trip and not talk about it, because I can't believe the number I am." Ultimately, the reason she has such a hard time reconciling herself to her age is that she feels *better* than she did at 25: "I'm healthy and active, and I try to keep a positive outlook on life. I think all these things keep me young at heart."

Christine's go-to bike is from Brilliant Bicycle Co., based in New York City.

PROOFOFLIFEPICTURES.COM.

Unilever

"Watching my daughter grow has made me more proud of my stretch marks."

Dominique

no digital distortion

Renew the love for your skin with Dove.

Dove body wash renews your skin's ceramides and strengthens it against dryness, giving you instantly softer and smoother skin you can lovingly embrace.

ceramide renewal

Dove

deep moisture

skin-natural nourishers

instantly soft skin, lasting nourishment

Best b-day ever!
My husband threw me a surprise party for my 30th. He rented a cozy place near our apartment, and all my friends and family were there.

Lesson I learned this year

More patience! My husband and I don't have kids, and people say, "You have it so easy, it's just the two of you." But we're still human, and we still have to live with each other 24/7.

Happy, healthy secrets

HOW I STAY FIT

I'm very outdoorsy. I surf in the summer, snowboard in the winter, and run all year round. Also, I don't own a car, so I bike everywhere.

MY SKINCARE ROUTINE

I get a skin check by Dr. Neal Schultz at Park Avenue Skincare (@parkavenue skincare) twice a year. As you age, more moles pop up, and you can detect a lot with a skin check, not only skin cancer.

STYLE PHILOSOPHY

A lot of people would say I can't wear a sparkly skirt if I'm over 40, but if you're confident, you can wear whatever you want. Forget fashion rules: Do what's best for you.

What I'm looking forward to this year

Travel was a big thing we didn't do last year that we always did pre-pandemic. My husband is a photographer, and usually we are always on the go. We love adventure and seeing the world.

Follow me!
@nycpretty
nycpretty.com

beauty boost

"If you feel good, you'll look good, and if you're happy, it does shine through."

Her beauty must-haves

"This kit includes an exfoliating glycolic peel solution and a triple vitamin C serum. It helps smooth and brighten my skin and is the perfect weapon against aging. I use it every night."

BeautyRX by Dr. Schultz Peel & Glow Kit, from $38, *beautyrx.com*

"I think when it comes to aging, the more makeup you put on, the older you look, so I keep it natural. This blush has a nice natural shimmer."

BareMinerals Bounce & Blur Powder Blush in Pink Sky, $29, *Sephora*

"I swear by this coconut oil and apply it all over my body day and night. It's gluten-free and has no parabens, phthalates, or sulfates."

Palmer's Coconut Oil Formula Body Oil, $8, *drugstores*

PROOFOFLIFEPICTURES.COM.

LOWERING BAD CHOLESTEROL can be a never-ending cycle.

BREAK THE CYCLE

WITH

NEXLETOL® (bempedoic acid) tablets

Stuck in a cycle of diet, exercise, and a statin without the results you need? Ask your doctor about adding nonstatin NEXLETOL—just 1 pill, once a day—if you have known heart disease or an inherited condition that causes high levels of bad cholesterol. Pay as little as $10 for up to a 3-month supply with our Co-Pay Card.*

ADDING NEXLETOL LOWERED BAD CHOLESTEROL BY AN AVERAGE OF ↓18%†

†Results vs placebo (a sugar pill) at Week 12 in a clinical trial of patients with an inherited condition that causes high levels of bad cholesterol and/or known heart disease. Individual results may vary.

Visit NEXLETOL.com to learn more

What is NEXLETOL?

NEXLETOL is a prescription medicine used, along with diet and other lipid-lowering medicines, in the treatment of adults who need additional lowering of "bad" cholesterol (LDL-C) and have:

- heterozygous familial hypercholesterolemia (HeFH), an inherited condition that causes high levels of LDL-C, and/or
- known cardiovascular disease

It is not known if NEXLETOL can decrease problems related to high cholesterol, such as heart attacks or stroke.

IMPORTANT SAFETY INFORMATION

What should I tell my doctor before taking NEXLETOL?

Tell your doctor if you:

- have, or have ever had, gout
- have, or have ever had, tendon problems
- are pregnant or breastfeeding, or may become pregnant or plan to breastfeed
- have severe kidney or liver problems
- are taking simvastatin or pravastatin

What is the most important safety information I should know about NEXLETOL?

NEXLETOL can cause side effects that can become serious, including:

- high levels of uric acid in the blood, which can lead to gout, a painful joint condition. Call your doctor if you have any of the following symptoms:
  - severe foot pain, especially in the toe joint
  - warm joints
  - swelling
  - tender joints
  - joint redness
- tendon problems: Stop taking NEXLETOL immediately and get medical help right away if you get any of the following signs or symptoms of tendon rupture:
  - hear or feel a snap or pop in a tendon area
  - bruising right after an injury in a tendon area
  - unable to move the affected area or put weight on the affected area

What are the common side effects of NEXLETOL?

Tell your doctor right away about any side effect you experience. NEXLETOL can cause side effects, including:

- symptoms of the common cold or flu
- muscle spasms
- back pain
- pain in the legs or arms
- stomach pain

Your doctor may check your blood for side effects that you might not be able to feel.

These are not all the possible side effects of NEXLETOL. For more information, ask your doctor or pharmacist.

What form does NEXLETOL come in?

NEXLETOL is a tablet that you take by mouth. It contains 180 mg of bempedoic acid.

Can I take NEXLETOL with other medicines?

For lowering cholesterol, NEXLETOL is often taken with other medicines, including a group of medicines called statins. For two statins, simvastatin and pravastatin, your doctor may change the dose if you also take NEXLETOL. Before taking NEXLETOL, tell your doctor if you take any of the following medicines:

- simvastatin
- pravastatin

The risk information provided here is not comprehensive. To learn more, talk about NEXLETOL with your doctor or pharmacist. The FDA-approved product labelling can be found at NEXLETOL.com or 1-833-377-7633.

You may report side effects to the FDA at 1-800-FDA-1088, or at www.fda.gov/medwatch. You may also report side effects to ESPERION at 1-833-377-7633.

NEXLETOL is available by prescription only.

Please see Summary of Information about NEXLETOL on the next page.

*For privately or commercially insured patients. Restrictions apply.

ESPERION

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Summary of Information about NEXLETOL™ (bempedoic acid) tablets, for oral use

The risk information provided here is not comprehensive. To learn more, talk about NEXLETOL with your healthcare provider or pharmacist. The FDA-approved product labelling can be found at NEXLETOL.com or 1-833-377-7633.

What is NEXLETOL used for?
NEXLETOL is a prescription medicine used along with diet and other lipid-lowering medicines in the treatment of adults with:
- heterozygous familial hypercholesterolemia (HeFH). HeFH is an inherited condition that causes high levels of "bad" cholesterol called low density lipoprotein (LDL).
- known heart disease who need additional lowering of "bad" cholesterol (LDL-C) levels.

It is not known if NEXLETOL can decrease problems from high cholesterol, such as heart attacks, stroke, death, or other heart problems.

It is not known if NEXLETOL is safe and effective in people with severe kidney problems including people with end-stage kidney disease who are on dialysis.

It is not known if NEXLETOL is safe and effective in people with severe liver problems.

It is not known if NEXLETOL is safe and effective in children under 18 years of age.

What should I tell my healthcare provider?
Before you start taking NEXLETOL, tell your healthcare provider about all your medical conditions, including if you:
- have or had gout.
- have or had tendon problems.
- are pregnant. Tell your healthcare provider right away if you become pregnant while taking NEXLETOL. You and your healthcare provider will decide if you should take NEXLETOL while you are pregnant.
- are breastfeeding or plan to breastfeed. It is not known if NEXLETOL passes into your breast milk. You and your healthcare provider should decide if you will take NEXLETOL or breastfeed. You should not do both.
- have severe kidney problems.
- have severe liver problems.

What medications might interact with NEXLETOL?

NEXLETOL may affect the way other medicines work, and other medicines may affect how NEXLETOL works. **Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.**

Especially tell your healthcare provider if you take or plan to take simvastatin or pravastatin (other cholesterol lowering medicines). Taking simvastatin or pravastatin with NEXLETOL may increase your risk of developing muscle pain or weakness (myopathy).

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

What should I do if I take too much NEXLETOL?
If you take too much NEXLETOL, call your poison control center at 1-800-222-1222 or go to the nearest hospital emergency room right away.

What are possible side effects of NEXLETOL?

NEXLETOL may cause serious side effects, including:
- **increased levels of uric acid in your blood (hyperuricemia).** This can happen within 4 weeks of you starting NEXLETOL and continue throughout your treatment. Your healthcare provider may monitor your blood uric acid levels while you are taking NEXLETOL. High levels of blood uric acid may lead to gout. Call your healthcare provider if you have the following symptoms of hyperuricemia and gout:
  - severe foot pain especially in the toe joint
  - tender joints
  - warm joints
  - joint redness
  - swelling

  Gout may happen more in people who have had gout before but also can happen in people who have never had it before.
- **tendon rupture or injury. Tendon problems can happen in people who take NEXLETOL.** Tendons are tough cords of tissue that connect muscles to bones. Symptoms of tendon problems may include pain, swelling, tears, and inflammation of tendons including the arm, shoulder, and back of the ankle (Achilles).
  - **Tendon rupture can happen while you are taking NEXLETOL.** Tendon ruptures can happen within weeks or months of starting NEXLETOL.
  - **The risk of getting tendon problems while you take NEXLETOL is higher if you:**
    - are over 60 years of age
    - are taking steroids (corticosteroids)
    - are taking antibiotics (fluoroquinolones)
    - have renal failure
    - have had tendon problems
  - **Stop taking NEXLETOL immediately and get medical help right away if you get any of the following signs or symptoms of a tendon rupture:**
    - hear or feel a snap or pop in a tendon area
    - bruising right after an injury in a tendon area
    - unable to move the affected area or put weight on the affected area

  Stop taking NEXLETOL until tendon rupture has been ruled out by your healthcare provider. Avoid exercise and using the affected area. The most common areas of pain and swelling are the rotator cuff (the shoulder), the biceps tendon (upper arm), and Achilles tendon at the back of the ankle. This can happen with other tendons.
  - **Talk to your healthcare provider about the risk of tendon rupture with continued use of NEXLETOL.** You may need a different lipid-lowering medicine to treat your cholesterol levels.

The most common side effects of NEXLETOL include:
- symptoms of the common cold, flu, or flu-like symptoms
- muscle spasms
- back pain
- pain in shoulder, legs, or arms
- stomach pain
- anemia
- increased liver enzymes
- bronchitis

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.
These are not all the possible side effects of NEXLETOL.

For more information, ask your healthcare provider or pharmacist.
Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What is some general information about the safe and effective use of NEXLETOL?

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. **Do not** use NEXLETOL for a condition for which it was not prescribed. **Do not** give NEXLETOL to other people, even if they have the same symptoms that you have. It may harm them. You can ask your pharmacist or healthcare provider for information about NEXLETOL that is written for healthcare professionals.

Based on Patient Information. Revised: 02/2020
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07/20 US-NXTL-2000339

Check out Candace's latest collection at *dayspring.com /candace.*

COURTESY OF DAYSPRING CARDS.

from the

HEART

with Candace Cameron Bure

In my column as your Chief Spiritual Officer, I'll share a meaningful verse that lifts my spirits and guides me in the right direction. I hope it does the same for you!

"Love is more than romance and heartbreak. Love is a lifestyle."

As a little girl, seeing Sleeping Beauty awakened by love's true kiss made me a sucker for a happily-ever-after. As a '90s teen, I watched heartbreak sink with the *Titanic*. Now that I'm all grown up, I know love is more than romance and heartbreak. Oh, don't get me wrong: I've had my heart broken, and I'm all about flirting with my husband. But love is serious business. Love is a lifestyle, a commitment, and the greatest commandment, according to Jesus:

> ***"'And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.' The second is equally important: 'Love your neighbor as yourself.'"***
> MARK 12:30-31A NLT

The order of this great command, *Love God first,* insists that we love others and paves the way for us to do it. Maybe you have someone who is not so easy to love. I get it. I have discovered that loving God and loving others are not separate. I can love the hard-to-love if I spend time with Jesus first. Then my soul worships, my mind changes, and my heart loves and serves through my strength (body). It is His love in me that swells up and pours out to others. So if this month doesn't bring flowers or candy, remember you are loved beyond measure by Jesus.

Follow me!
@candacecbure
candacecbure.com

HAPPY PLACE

"I love my couch on game day"

Food Network host Sunny Anderson's great escape is right at home

"Your game-day meal should be broken up into courses: Don't start with the heavy, and always end with the sweet."

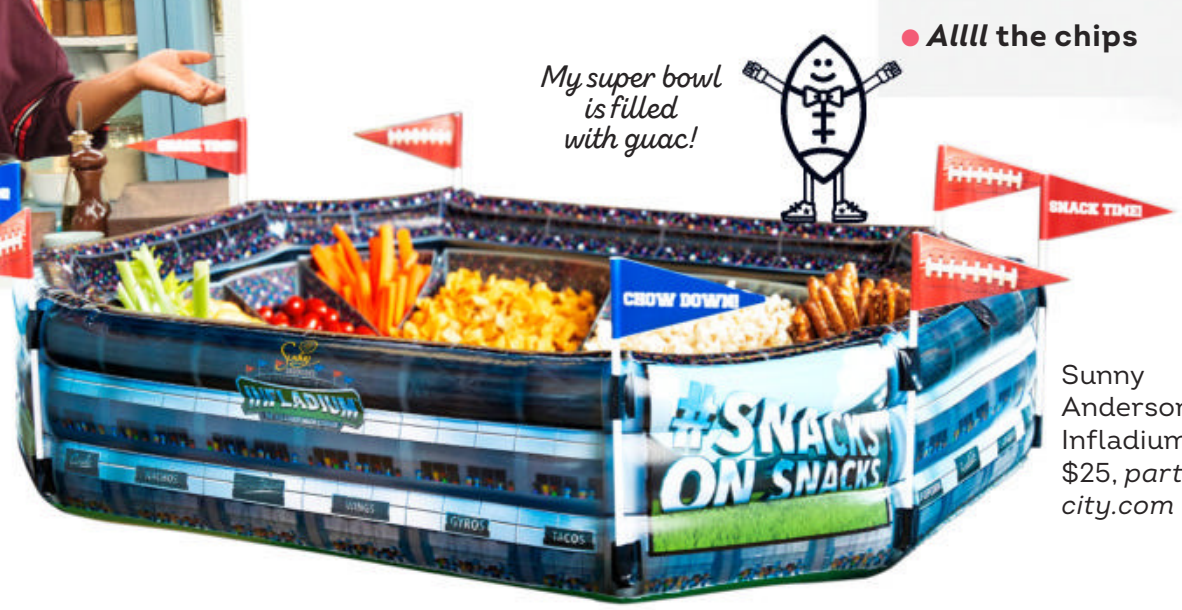
Food and football have always gone hand in hand for Sunny, cohost of Food Network's *The Kitchen* and a New York Giants fan. But that doesn't mean she's head down in the kitchen during kickoff. "I have to watch the game!" she says. When the trend of over-the-top food spreads called snack stadiums hit her radar, she was all in but "too lazy to make one." Her so-called laziness inspired her to invent a shortcut: the Infladium, a reusable blow-up container you fill with food. With the Infladium serving as her game-day buffet since 2017, Sunny can cheer and graze kitchen-free. "Watching football from my couch is an escape. I don't get too serious about it; I just want to enjoy the moment."

Sunny's favorite game-day dish? Her Tex-Mex Chili Mac Skillet. For the recipe, head to *bit.ly/2VZr2Lu*.

WD SNACK BAR

Fill your Infladium's cardboard inserts with fun finger foods.

- **Mini pigs in a blanket**
- **Mozzarella sticks**
- **Tortilla roll-ups**
- **Soft pretzel bites**
- ***Allll* the chips**



Sunny Anderson's Infladium, $25, *partycity.com*

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@SunnyAnderson

ANDERSON AND CHILI: COURTESY OF FOOD NETWORK. INFLADIUM: PARTY CITY.

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Poise® Ultra Thin Active pads soak up little bladder bursts and stay in place while you go toe-to-toe with gym bros.

IT TAKES Poise®

†Moderate Absorbency, Poise Active Collection vs. Always Discreet, among those with a preference

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hello / that's a-door-able!

WOMAN'S DAY ★ Wreath of the Month ★

Your missing piece(s)

Puzzled about how to update your door decor?
Enter this DIY wreath!

DOOR: BRIAN WOODCOCK. WREATH: MIKE GARTEN. CRAFT STYLING: ALEX MATA.

Knock, knock! We've got a joke for you...
Q: What does a French chef give on Valentine's Day?
A: Hugs and quiches!

THAT'S A-DOOR-ABLE!
WREATH OF THE MONTH

Modernist House Numbers in Antique Brass, $20 each, *westelm.com*

Add an arrow made from a spray-painted dowel, feathers, and paper!

Get this color:
Benjamin Moore
Grand Rapids

"Home Is Where the Heart Is" Doormat, $13, *partycity.com*

Love is in the air!
Make paper hearts 3D by folding them accordion-style, then string them.

SWEET WREATH *how-to*

1

Gather cardboard, puzzle pieces, and ribbon. Paint the pieces in shades of pink, or cheat and order a premade ombré set on *zazzle.com*. Cut a 16"-wide heart out of cardboard, then cut out a smaller heart within.

2

Hot-glue puzzle pieces onto the heart, starting from the top and overlapping them as you go. Cover the entire heart and attach ribbon to the back. Love it!

boost your porch appeal

Ophelia & Co. Spring Double Ball Boxwood Topiary in Planter, $40, *wayfair.com*

Creative Co-Op Grey Embossed Tin "Post" Letter Box, $34, *walmart.com*

White Ceramic Footed Planters With Spots, $70 for two, *kirklands.com*

Want more door decor?
Go to womansday.com/wreaths.

DOOR: BRIAN WOODCOCK. WREATH AND GARLAND: MIKE GARTEN. HOW-TO PHOTOS: ALEX MATA.

SPRAY IT SAFE!!

The 15 Best Hand Sanitizers Of 2020

Women'sHealth

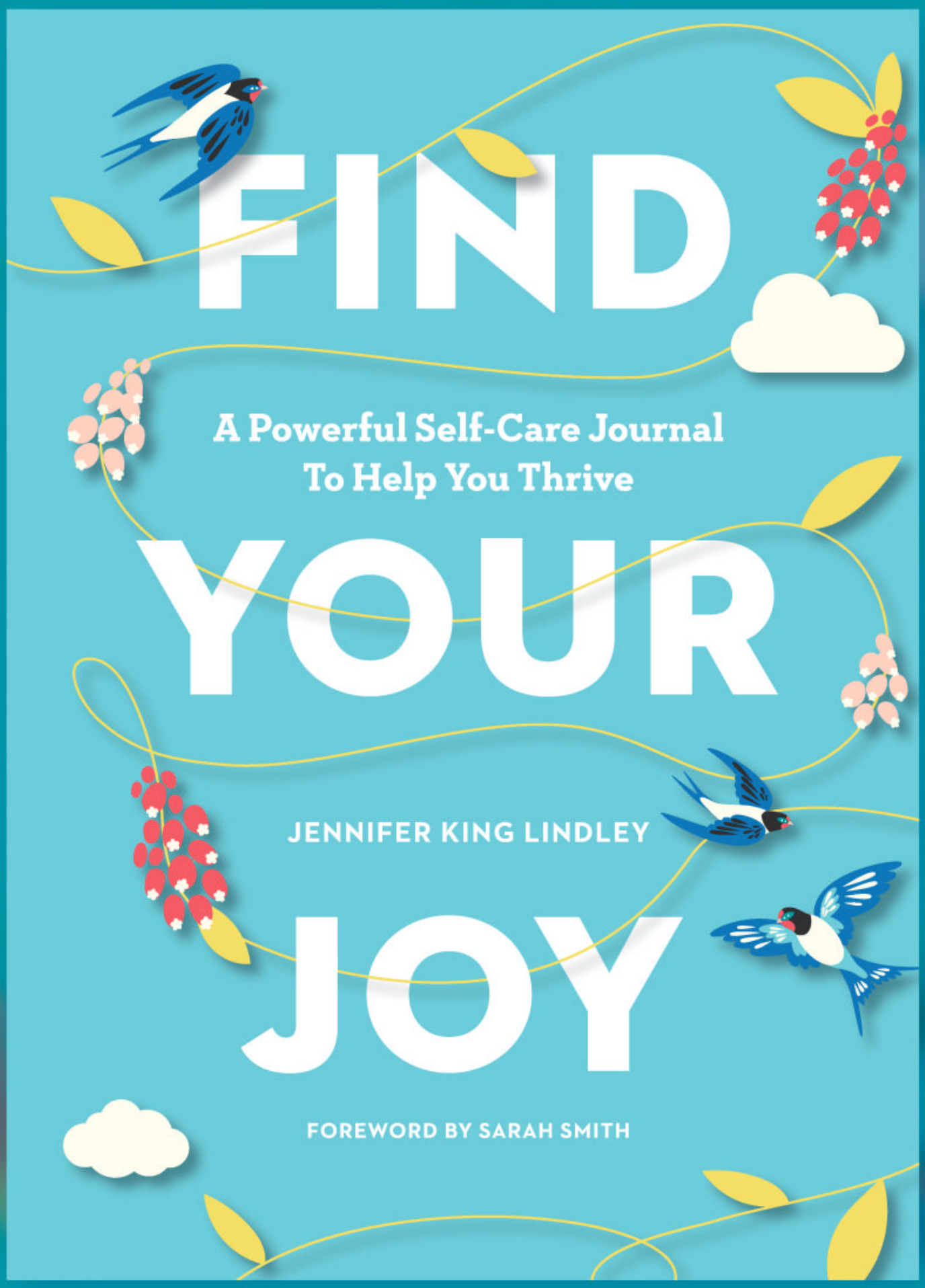
You're in safe hands (yours).

Breathe® Hand Sanitizer Spray helps reduce germs and bacteria, applies evenly, dries quickly, and is powered by air (no ozone-harming chemicals). It's available in 5 oz. and 1 oz. sizes, so you can keep a bottle on hand at all times. Now, get out there, but remember to spray it safe.

breathe®

Available at SprayHello.com and amazon.com

FEELING STRESSED?



THIS JOURNAL CAN HELP WITH THAT.

Use its simple practices to find meaning,
overcome negativity, and experience true happiness.

Available wherever books are sold or at **prevention.com/findyourjoy**

HEARST HOME

CELEBRATE WITH woman's day

LOVE

Bake sweet treats, get crafty, whip up tasty meals–whatever your heart desires!

bouquet upgrade
Cover stems in butcher paper, then wrap flowers in pretty paper.

"There is no charm equal to tenderness of heart."
JANE AUSTEN

MIKE GARTEN. PROP STYLING: LIS ENGELHART.

magic mix

We heart King Arthur Baking Company's Gluten Free Fudge Brownie Mix ($7, *kingarthurbaking.com*).

Brownie Hearts

Prepare brownie mix per package directions and bake as directed. Cool, then cut out hearts using a cookie cutter or a knife. Pipe on store-bought frosting to create cute chocolate "conversation hearts." (Kitchen confession: We crumbled the brownie trimmings onto sundaes.)

"Love does not consist in gazing at each other, but in looking together in the same direction."
ANTOINE DE SAINT-EXUPÉRY

YOUR DATE-NIGHT

playlist

- ***Can't Help Falling in Love*** HALEY REINHART
- ***My Girl*** THE TEMPTATIONS
- ***Somebody Like You*** KEITH URBAN
- ***It's a Wonderful Time for Love*** NORAH JONES
- ***You Can't Hurry Love*** THE SUPREMES
- ***Love On Top*** BEYONCÉ
- ***Because You Loved Me*** CÉLINE DION

Razzie Swirl Marshmallows

recipe, page 86

BROWNIES AND MARSHMALLOWS: MIKE GARTEN.

Didja know...
St. Valentine was a Roman priest who lived around 270 A.D. He secretly married couples who had been banned from marrying by the emperor known as Claudius the Cruel.

Carry the Timeless Style of a Disney Favorite

Only *Mickey Mouse* has that extra special charm to bring a bit of magic to everything he touches. And he definitely makes fashion more fun with a designer-style handbag original from The Bradford Exchange! Our ***"Forever Mickey" Handbag*** is expertly crafted of black and red faux leather with a custom all-over print reading *"Mickey Mouse 1928"*. This fashionable bag features classic artwork of *Mickey Mouse* with an outside pocket on the back of the bag to keep your phone readily available. The lined interior has 2 slip pockets and one zippered pocket. Gold-toned hardware includes square-shaped handle rings and the metal plaque that adorns the luggage tag. It's a charming must-have!

Red Trim Handles with Detachable & Adjustable Shoulder Strap

•

Luggage Tag with *Mickey Mouse* Signature Plaque

•

Features a *Mickey Mouse 1928* All-Over Custom Print

•

Drawstring & Snap Closures Keep Belongings Secure

A Remarkable Value… Order Today!

This custom design brings together Disney fun and high-end style for $129.95*, payable in 4 easy installments of $32.49 each. To order yours, backed by our 90-day money-back guarantee, send no money now. Just return the Priority Reservation. Remember, this design is only available from The Bradford Exchange—so don't be disappointed, order today!

NOT SOLD IN STORES

ORDER TODAY AT BRADFORDEXCHANGE.COM/DISNEYMICKEYBUCKET

Connect with Us!

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FOREVER MICKEY
Fashion Bag

Disney
MICKEY MOUSE

Actual size of bag is approximately 10.5" wide at bottom x 11.5" tall with 6.5" drop

©Disney

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YES. Please reserve the *"Forever Mickey" Handbag* for me as described in this announcement.
Please Respond Promptly

Signature _____

Mrs. Mr. Ms. _____
Name (Please Print Clearly)

Address _____

City _____ State _____ Zip _____

Email _____

*Plus $14.99 shipping and service; see bradfordexchange.com. Please allow 2-4 weeks after initial payment for shipment. Sales subject to product availability and order acceptance.

01-27265-001-E93202

didja know?!
Pillows and blankets with a nubby pile (made up of tiny loops, like chenille) are great at hiding dirt.

COUCH CUDDLES

If you can't actually see your gals on Galentine's Day (February 13), curling up in a cozy blanket with these iconic friends is the next best thing...

If you want...
a heartwarming drama

Steel Magnolias

The highs and lows experienced by this feisty group of women will make you both laugh and cry.

If you want...
a feel-good musical

Sister Act

While escaping a dangerous situation, a strong-willed lounge singer unexpectedly finds family in a group of nuns.

If you want...
a kooky comedy

Romy & Michele's High School Reunion

Two friends are on a mission to impress their former classmates at their 10-year reunion.

If you want...
an inspiring sports story

A League of Their Own

This film, with its all-star cast, is based on the real-life women's professional baseball league that began during WWII.

Chocolate Truffles
recipe, page 86

"Bitterness sours life; love sweetens it."
HARRY EMERSON FOSDICK

love grows on trees

All you need is card stock, thread, a vase, and backyard branches to create this sweet centerpiece. Cut out two hearts, place them on top of each other, then fold in half. Sew the hearts together down the center with your machine or just a needle and thread, leaving long threads at the top. Knot the thread to create a hanging loop. Make a bunch, then open out the hearts to create a 3D effect before hanging.

LIVING ROOM: GETTY IMAGES. TRUFFLES: KAT TEUTSCH. BRANCHES: SUSSIE BELL.

Rosy Meringue-wiches
recipe, page 87

"Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope."
MAYA ANGELOU

CON POULOS. FOOD STYLING: CHRISTINE ALBANO. PROP STYLING: SARAH SMART.

Didja know...
In the week leading up to February 14, Americans buy 58 million pounds of chocolate!

PRESENTED BY **tipsntrends**

It's All About C Serum

Adding a C serum to your routine will help banish wrinkles, brighten skin & fend off damaging UVs, yet not all are created equal. Mad Hippie's award winner is safe, rated a 1 from EWG & stable for the highest efficacy. At Ulta. **madhippie.com**

How To Get Vibrant Color At Home:

Naturtint. "Being the best for my family means setting aside some me-time. My natural hair color is light brown but I like to add pizzazz with reds. Naturtint 7C Terracotta Blonde left my hair vibrant and full". – *Nicole* **naturtintusa.com**

San Marzano, The Premier Choice

Known by Italian cooks & food aficionados as the gold standard for taste, Cento Certified San Marzano Tomatoes are the only US brand produced in Italy with growing & harvesting monitored to ensure world-renowned flavor. **findmyfield.com**

TIP: use the lot code to find your field

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Chocolate Lovebugs

recipe, page 87

"Familiar acts are beautiful through love."
PERCY BYSSHE SHELLEY

KAT TEUTSCH.

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*NOT A LOW CALORIE FOOD

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Crispy Duck Noodles

recipe, page 87

good to know!
Per tradition, try not to let the noodles break into smaller pieces before you chew them.

CELEBRATE WITH woman's day

YEAR OF THE Ox

Lunar New Year

Taking part in these wonderful customs on February 12 may just lead to your best year yet

Also known as **Chinese New Year** or **Spring Festival**, this holiday marks the start of a new year on the lunar calendar, and its traditions are meant to usher in good health, happiness, and prosperity, says Ying H. Yen, executive director of the New York Chinese Cultural Center. Lucky for you: Eating symbolic foods is one of the major ways people celebrate. Noodle dishes made of long strands promote long life, while Chinese dumplings, which resemble ancient Chinese money, and fried egg rolls, which resemble gold bars, symbolize good fortune. Gifting red envelopes is another cherished tradition. Typically, adults give them to the younger generation with cash inside in hopes of bringing luck to the recipients. So be sure to fill your belly *and* the pockets of the people you love.

Gingery Pork & Chive Dumplings
recipe, page 88

Lunar New Year is the most widely celebrated holiday in China.

Veggie Spring Rolls
recipe, page 88

DUCK NOODLES: CHARLIE RICHARDS. DUMPLINGS: MIKE GARTEN. SPRING ROLLS AND RED ENVELOPES: GETTY IMAGES. PARADE: ROBERT K. CHIN/GETTY IMAGES.

The first Mardi Gras parade with floats was in 1857.

Oh, baby!

King Cake
recipe, page 88

CELEBRATE WITH woman's day

Mardi Gras

Get inspired by this iconic New Orleans bash on February 16

Fat Tuesday (a.k.a. Mardi Gras) is the last chance to indulge in food, drink, and fun before Lent, says Carolyn Ware, Ph.D., a professor and folklorist at Louisiana State University. In recreating the revelry, make purple, green, and gold your palette. Why? An influential New Orleans "krewe" (a social group that hosts parades or balls) chose this trio as the parade theme in 1892, and the colors stuck. Whip up your own king cake—the appearance of these cakes in stores marks the start of Mardi Gras season (Carnival)—and don't forget to hide a plastic baby, which some claim represents Jesus, inside. Whoever finds the baby has to bake the next cake!

MAKE YOUR OWN *festive masks*

Calling all masters of disguise: Here are easy ways to jazz up a plain eye mask!

Flights of Fancy
Use feathers and card stock for the face and the cut-off tip of a party hat for a beak.

Under the Sea
Cut an octopus out of purple felt and glue a row of sequins on every tentacle.

Winging It
Paint your mask blue and glue on faux butterflies.

KING CAKE AND BABY: MIKE GARTEN. PARADE: SEAN GARDNER/GETTY IMAGES. STREET SIGN: GETTY IMAGES. MASKS: DEVON JARVIS.

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MagniLife® Muscle Cramp Pain Reliever is **available at Rite Aid, CVS and Amazon.** Order risk free for $19.99 +$5.95 S&H for 125 tablets per bottle. **Receive a FREE bottle** when you order two for $39.98 +$5.95 S&H. Send payment to: MagniLife L-WD1, PO Box 6789, McKinney, TX 75071 or call **1-800-360-2196**. Satisfaction guaranteed. Order now at **www.LegCrampsRelief.com**

all you need is LOVE

These couples' epic stories will steal your heart and fill it with hope and happiness

by Melody Warnick

They fell head over heels in a nursing home.

Gloria Alexis and Jeffrey Miller
BROOKLYN, NY

The days that Gloria Alexis, 71, spent in the hospital during the COVID-19 scare (for an unrelated reason) inspired an aha moment for Jeffrey Miller, 76: He realized he wanted to marry his sweetheart. The two had met at Amber Court Assisted Living in Brooklyn years earlier. Gloria, a widow from Grenada, began giving Jeffrey a daily kiss on the cheek when she passed his table in the dining room. Soon they were eating meals side by side and watching reruns of *The Munsters*.

When Gloria was hospitalized, Jeffrey decided it was time to act–he bought a diamond ring!–and asked staffers to assist with roses and balloons. A few days after his love returned to the center, he pulled her onto the terrace and proposed while staffers watched in glee. "She didn't see it coming," Jeffrey acknowledges, "but she said yes." He adds, "You're never too old to find love."

The couple with Rocky the Red Hawk.

A homecoming king and queen wed decades later.

Greg and Janet Dabice
POMPTON PLAINS, NJ

Under the Friday night lights of New Jersey's Montclair State University football stadium in 1992, Janet whooped with joy to hear her name announced as homecoming queen. The king: Greg Dabice, a student straitlaced Janet knew mostly from his reputation for hosting *Animal House*–style frat parties for 300-plus people. "I thought he was adorable," she admits, "but I was like, 'Nope, move along.'"

Twenty-five years after graduation, Janet, by then 49 and divorced, swiped right on a cute guy on the dating app Bumble–and was stunned to learn that it was Greg, 50. Even more surprising was how easily they connected over drinks the next night. "He grew up," says Janet. "The world was telling us we were both ready." In August 2020, the king and queen returned to the stadium where they'd been crowned–for their wedding ceremony, cheered on by college mascot Rocky the Red Hawk. Some things never change, though. With their blended family of seven kids, ages 11 to 18, Greg says with a laugh, "It's definitely an animal house here."

ALEXIS AND MILLER: SOL BAUER. DABICE: JENNIFER LIANG-LAZZARA. HEARTS: GETTY IMAGES.

Lindsey won Ms. Wheelchair Tennessee in 2018.

Their mission is to help and empower others.

Wes and Lindsey Becker
FRANKLIN, TN

"Hey, Hot Wheels!" Wes, then 22, hollered at the woman he saw zooming across the apartment courtyard in a wheelchair. Nine months earlier, a motorcycle wreck had left the Marine paralyzed from the waist down. Lindsey, born with spina bifida, was the first girl around his age he'd seen who lived in an apartment and went to college in a wheelchair: "I kind of used her as a beacon, like, 'So, you can just be normal in a wheelchair!'"

When their paths crossed again a couple of years later, they became inseparable, and they wed in two years. These days, Wes, 37, helps his wife, 35, film life-hack videos for her YouTube channel, MeantToBeLindseyB, to show people how happy (and, yes, normal) life with a disability can be—though Lindsey clarifies, "We're together because we were meant to be, not because we're both in wheelchairs." She hopes that seeing how much they're in love makes other people go, "Oh wow, maybe that's possible for my life too."

Former sweethearts reunite…and meet their long-lost child.

Dennis and Karen Vinar
NORTHFIELD, MN

In high school, Dennis was always late for football practice so he could walk his girlfriend, Karen, home. For Christmas in 1959, he spent all his money to buy her a sweater at Sears. They were in love. Then 14-year-old Karen got pregnant. "Dennis asked me to marry him, and my parents said I was too young," says Karen. She went to a home for unwed mothers, where she gave her baby up for adoption. By the time she returned home, Dennis's family had moved away.

Though the couple was separated for 50+ years, Dennis, 77, thought about Karen, 75, often. Then in 2014, he found Karen on LinkedIn and left a message at her workplace. They reconnected, and it turned out they still adored each other. Three months after their first call, Dennis flew to see Karen in Seattle, and they married 36 hours later. Now all Dennis needed for life to be complete was their long-lost child. Months later, with the help of the original adoption agency, the couple reunited with their daughter, Jean, now 59. "I actually look like somebody!" Jean declared through her tears. "I never thought we would ever get together," Karen says. "Divine intervention, I call it." Maybe hope too. She still has the sweater Dennis gave her in 1959.

Dennis, Jean, and Karen

BECKER: LAURA DAY. VINAR: COURTESY OF SUBJECT. HEARTS: GETTY IMAGES.

They lost their sons and found each other.

Tamara and Lloyd Braswell
CENTENNIAL, CO

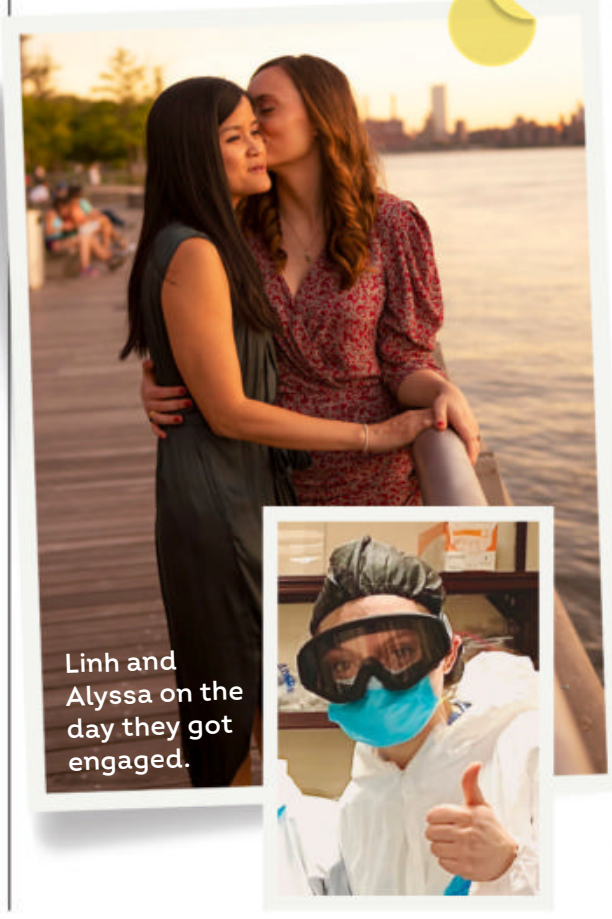
In 2017, Tamara, 59, bristled when a Facebook acquaintance, Lloyd Braswell, 55, posted what she considered a naive platitude about how God could work through the bad things in our lives to bring about something good. A few years earlier, Tamara's only son, 19-year-old Logan, had died in a car crash. *What in the world kind of good can come out of that?* she thought, dashing off an irritated reply to Lloyd's post.

Minutes later, Lloyd private-messaged her. The Baptist minister had friended Tamara after reading a post she'd written about Logan on *Emotionally Naked*, a blog for bereaved parents and suicide awareness. He explained that he'd lost his own 18-year-old son, Matthew, to suicide. "His credibility with me skyrocketed," Tamara says. Soon they were talking daily, and when they met in person months later, they knew they were in love. Now married, the Braswells hung portraits of Logan and Matthew in their home. "It's not like finding each other has made all that grief go away," says Tamara. But she and Lloyd connect more deeply because of it: "It's like being on top of a mountain in Colorado. I don't have to describe to him what it's like. We just sit there and look out at the distance, because we're there together."

The pandemic inspired her proposal.

Linh Trinh and Alyssa Kayhill
BROOKLYN, NY

When COVID-19 hit New York City in early March, the patient count soared at the Brooklyn hospital where Alyssa, 31, worked as a registered nurse. Scared of bringing home the virus to her girlfriend of eight years, Alyssa urged Linh, 36, to accept her brother's invite to stay with him upstate. The next three months were the longest the couple had ever been apart. Work for Alyssa was grueling, with shortages and the sickening of staff members. In June, the coronavirus case count dropped enough for Linh to return home to surprise Alyssa on her birthday–but Alyssa had a bigger surprise in mind. The moment they reunited, Alyssa dropped to one knee and asked Linh to marry her. "COVID reminded us that any day could be our last," she says. "What was I waiting for? I knew I wanted to marry Linh. Remembering how fast everything could be over pushed me to make sure that we're together for as long as we're here."



Linh and Alyssa on the day they got engaged.

TRINH AND KAYHILL: MICHAEL IZZO. BRASWELL: COURTESY OF TAMARA BRASWELL; PORTRAITS OF SONS BY ARTIST DAVE MYERS. HEARTS: GETTY IMAGES.

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What's for dinner tonight?!

Easy meals for the whole family

Cheeseburger Flatbread Pizza

Recipe, page 89

COMFORT FOOD

table talk

Pick your family theme song.

STEVE GIRALT. FOOD STYLING: ANNE DISRUDE. PROP STYLING: MARINA MALCHIN.

Seared Pork Chops with Lentil and Apple Salad

Recipe, page 89

20 MINUTE MEAL

table talk

If you had to change your name, what would it be?

Zesty Shrimp with Chimichurri Rice

Recipe, page 90

LOVE YOUR LEFTOVERS

Make a quick fried rice: Scramble eggs in a large skillet, then add remaining rice and a splash of soy sauce.

STEVE GIRALT. FOOD STYLING: ANNE DISRUDE. PROP STYLING: MARINA MALCHIN.

Roasted Chicken, Potatoes, and Poblano Peppers

Recipe, page 89

LOVE YOUR LEFTOVERS

Shred any extra chicken, discarding the skin and bones. Fill warmed corn tortillas with the chicken and vegetable mixture and top with sour cream, salsa, and fresh cilantro.

table talk

What never fails to make you laugh?

Rigatoni with Roasted Broccoli and Red Onions

Recipe, page 89

CHICKEN: CHRIS COURT. FOOD STYLING: STEPHANA BOTTOM. PROP STYLING: SHANA FAUST. PASTA: JONNY VALIANT. FOOD STYLING: MAGGIE RUGGIERO. PROP STYLING: CINDY DIPRIMA.

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This month it's...

slow cooking

Set it and forget it for the coziest meals and sweets

Serve with tortillas to turn this slow-cooker supper into the best Taco Tuesday ever.

Who you callin' slow?!

How yum!

Honey-Lime Pork with Pineapple Slaw

recipe, page 90

Add fruity flair to classic pulled pork with a bright slaw.

DANIELLE DALY.

Didja know...

In January 1940, inventor Irving Naxon received the patent for the first electric slow cooker. By the early 1970s, it had been rebranded as the Crock-Pot.

How filling!

Vegetarian Chili with Grains and Beans

recipe, page 90

This chili is packed with satisfying protein, as in hearty wheat berries.

Fast facts!

Slow cooking CHEAT SHEET

These foolproof steps are our kitchen's keys to supper success

1 **CREATE** a flavorful base by mixing liquids, dried herbs and spices, and aromatics such as onions, garlic, fresh ginger, and chiles.

2 **NESTLE** tough meats and root vegetables that take a long time to cook on the bottom, where temps are highest.

3 **ADD** canned beans or thawed frozen veggies near the end; heat through, then stir in tender herbs or greens that wilt, like spinach.

4 **MIX IN** any dairy products after the cooker is off so milk, cheese, or yogurt won't curdle.

BRIAN WOODCOCK.

That's genius

Mini Meatloaves and Polenta

recipe, page 91

buy it!

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Black and Decker 7 Quart Digital Slow Cooker, $70, *blackanddeckerappliances.com*

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Cuisinart 6 Quart 3-in-1 Cook Central Multicooker, $160, *cuisinart.com*

How yum!

Cheesy Broccoli Stuffed Shells

recipe, page 91

This epic one-pot wonder is pasta night done right.

I love hangin' out slow much!

That's sweet!

Applesauce Spice Cake

recipe, page 91

The easiest cake ever: Just add the ingredients and press Start.

POLENTA AND SHELLS: CON POULOS. CAKE: JONNY VALIANT.

LET'S BAKE!

Food Network Magazine's new cookbook is packed with recipes for all kinds of sweets, plus photos and tips to help kids bake their best treats ever. Order today!

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kids HEARST HOME

It's

BLACK HISTORY MONTH

SERVED UP *family style*

Travel across the country for a taste of Black-owned restaurants making delicious dishes and precious memories

by Samantha MacAvoy

Akadi PDX
Portland, OR

Sweet Potato Sensations
Detroit

Jones Bar-B-Q
Kansas City, KS

Sylvia's
Harlem, NY

Find Black-owned businesses near you at *support blackowned .com.*

Lucille's
Houston

Compère Lapin at the Old No. 77
New Orleans

Virgil's Gullah Kitchen & Bar
Atlanta

No history is ever complete without food: How a community eats embodies who they are and their origins. From the dishes of the African diaspora to the storied culinary traditions of the American South, we can only begin to touch upon the rich legacy of Black cuisine in the United States on these pages. We can, however, shine a spotlight on an incredible group of entrepreneurial, pioneering, and ambitious chefs and business owners from around the nation who are celebrating their cherished traditional fare. These restaurants offer more than just good eats; they provide a taste of tangible history, passed down in the kitchens of those who came before.

MAP: GETTY IMAGES. AKADI PDX: CHRISTINE DONG. LUCILLE'S: JENN DUNCAN. COMPÈRE LAPIN AT THE OLD NO. 77: DENNY CULBERT. VIRGIL'S GULLAH KITCHEN & BAR: ELEY PHOTO.

FEBRUARY IS Black History Month

Chef Fatou Ouattara

Akadi PDX

Fatou Ouattara, Portland, OR

Growing up in Côte d'Ivoire, Fatou Ouattara learned how to cook from her mother, aunts, and grandmother, who adhered to culinary traditions set by generations of women before them. After moving from the coastal West African country to Portland, OR, in 2010, Fatou missed the food she had grown up eating—nourishing stews laced with hand-ground spices, locally sourced okra, and an abundance of yams, cassava, and plantains cooked and served with nearly every meal. She spent years cooking for friends, and they finally encouraged her to open a restaurant. To Fatou's surprise, a diverse group of customers lined up out the door on opening day, and they still adore the restaurant now.

Follow us!
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Spicy Okra and Spinach Stew

recipe, page 92

"Certain things, my grandmother says, you cannot change, or else the food doesn't mean anything. Food always comes with a story."

–Fatou Ouattara

"Akadi" means "tasty."

FATOU OUATTARA AND STOREFRONT: CHELSEA COLE. STATE ILLUSTRATION: GETTY IMAGES.

Didja know...
Black History Month is celebrated in February to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.

> Gullah Geechee is the oldest Black culture in America. It was the very first Black culture. Our ancestors are at the heart of Gullah Geechee cuisine."
> –*Gee Smalls*

Shrimp n' Grits wit' Crab Gravy

recipe, page 92

Juan and Gee Smalls

Virgil's Gullah Kitchen & Bar

Gee and Juan Smalls, Atlanta

Named after Virgil F. Smalls, the late father and father-in-law of owners Gregory "Gee" and Juan Smalls, this neighborhood restaurant, opened in 2019, celebrates the Gullah Geechee cuisine of Gee's ancestors. The Gullah Geechee are descendants of Central and West Africans who were enslaved in the remote coastal areas and islands between southern North Carolina and northern Florida. Their isolation led to the formation of a community with deep African roots in their arts and food, namely seafood and rice dishes. Memories of Gee's dad making shrimp and grits, or his mom whipping up okra soup—both staples of Gullah cooking—inspired the comfort food-focused menu. The Gullah spirit of hospitality is also reflected, as the owners seek to create a space of love, affirmation, and acceptance that goes beyond just serving food.

A mural by Craig Singleton (@cfluxsing) of the restaurant's namesake.

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virgilsgullahkitchen.com

JUAN AND GEE SMALLS: ELEY PHOTO. SHRIMP N' GRITS: MADELYNNE ROSS. DINING ROOM: LEMON BRANDS. STATE ILLUSTRATION: GETTY IMAGES.

FEBRUARY IS
Black History Month

Full Slab Pork Ribs

recipe, page 92

The Jones sisters

> Our daddy built this business on customer service, and we follow that model. He always used to say, 'Don't never sell someone something to get a dollar.'"
>
> *–Deborah Jones*

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Jones Bar-B-Q

Deborah "Little" & Mary "Shorty" Jones,
Kansas City, KS

Deborah and Mary's father, Leavy B. Jones, Sr., would sit his girls up on milk crates to look over the pit at the first Jones Bar-B-Q, which opened in the late '70s or early '80s—the sisters can't remember exactly when. Mr. Jones instilled a sense of self-sufficiency in his daughters, so they were well equipped to take over the business. Years later, they continue his legacy of smoking meats, stuffing house-made sausages, and stirring up the family's secret barbecue sauce recipe. While the original recipes have been tweaked over the years, Deborah Jones has embraced their father's approach to barbecue: quality meat seasoned lightly, cooked simply, and made fresh every day.

RIBS: COURTESY OF JONES BAR-B-Q. JONES SISTERS: ZACH MORGAN. STATE ILLUSTRATION: GETTY IMAGES.

The Thomas family at the shop.

Sweet Potato Pie
recipe, page 93

Sweet Potato Sensations

Jeffery and Cassandra Thomas, Detroit

What started as Cassandra Thomas's quest to satisfy her husband Jeffery's craving for candied sweet potatoes led to the opening in 1994 of a storefront with a menu inspired by the beloved crop. The shop is a true family operation: It's run by Cassandra, Jeffery, and their daughters, and all the recipes are sourced from relatives. From frosting-topped cakes to fluffy cookies and favorite pies, the versatile root vegetable is woven through nearly every menu offering. But the restaurant isn't just a commemoration of one family's recipes. It also elicits memories of home for customers—each bite of the comforting, familiar food reminds them of their own families' cooking. Cassandra's daughter Espy Thomas says, "We serve tradition, we serve love—it just comes in the form of a pie."

February is National Sweet Potato Month!

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> "In the Black community, sweet potato pie is personal. We feel like ours is the next best thing to your mama's."
> *–Espy Thomas*

THOMAS FAMILY: JULIANNE LINDSEY. PIE: ANNISTIQUE PHOTOGRAPHY. SWEET POTATOES AND STATE ILLUSTRATION: GETTY IMAGES.

FEBRUARY IS Black History Month

> Our histories, vast and varied, deserve to be memorialized and romanticized by dishes that at once remind us of home and transport us to somewhere new."
> *–Compère Lapin at the Old No. 77*

Roasted Jerk Corn

recipe, page 94

Chef Nina Compton

Compère Lapin at the Old No. 77

Nina Compton, New Orleans

Nina Compton recalls driving with her father to the south end of her native Saint Lucia, watching people roast corn on the roadside: "The sweet aroma was intoxicating!" The menu at her flagship restaurant is fueled by sensory memories like this, with dishes that are straightforward in technique but robust in flavor. Named after a mischievous rabbit featured in traditional Caribbean and Creole folktales, Compère Lapin at the Old No. 77 draws playfully from the cuisine of Nina's childhood, her love for French and Italian food, and the indigenous ingredients from her adopted city, New Orleans. Each plate offers a blend of stories, layered into one delicious bite.

The spacious barroom

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CORN: SARA ESSEX BRADLEY. NINA COMPTON: DENNY CULBERT. BARROOM: COURTESY OF COMPÈRE LAPIN. STATE ILLUSTRATION: GETTY IMAGES.

Didja know...
Carter G. Woodson, an African-American scholar, created a celebration of Black history in 1926. It became a full month in 1976.

Chef Chris Williams

Lucille's

Chris Williams, Houston

Chris Williams has worked in kitchens all over the world, pursuing his desire to learn about international cuisine. It's this culinary curiosity that led him back to the incredible story of his own great-grandmother, Lucille B. Smith. Regarded as one of Texas's first African-American businesswomen, Lucille held the titles of business owner, home economist, and cookbook author, after publishing recipes in a card file box called *Lucille's Treasure Chest of Fine Foods*. Chris pays homage to Lucille's notable legacy—First Lady Eleanor Roosevelt and President Lyndon B. Johnson were among her fans—by replicating her famous Southern recipes and embellishing others with flavors from abroad.

Green Bean and Asparagus Casserole

recipe, page 93

Lucille laid the groundwork for our business. Having her as our namesake is a reminder that investing in family and community first is most important."

–Chris Williams

The cozy, classic dining room at Lucille's.

Follow us!
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lucilleshouston.com

CHRIS WILLIAMS: COURTESY OF LUCILLE'S. CASSEROLE AND DINING ROOM: JENN DUNCAN. STATE ILLUSTRATION: GETTY IMAGES.

FEBRUARY IS Black History Month

Sylvia with family members.

Sylvia's

The Woods Family, Harlem, NY

In 1962, Sylvia Woods bought the small luncheonette where she waitressed and turned it into a lively restaurant highlighting her family's favorite recipes. Her welcoming personality, familiar dishes, and affordable prices drew people in from the start, and Black Americans who had fled the Jim Crow South in search of a better life in New York City flocked there. Family recipes for fried chicken, barbecue ribs, and Carolina-style catfish, rooted in Sylvia's Southern heritage, were all on the original menu, which remains largely unchanged today. The flagship location of the restaurant won't change either, as it was important to Sylvia, who passed away in 2012, that it remain in Harlem. According to her granddaughter, Tren'ness Woods-Black, Sylvia used to say, "I am Harlem; they just call me Sylvia."

Fried Fish

recipe, page 93

My family embraces the cultural tradition of making a loved one's favorite dish instead of buying a gift. We take pride in sharing and passing on our ancestors' recipes. That's what makes soul food so special. It's one of the most important cultural identity markers for African Americans."

–Tren'ness Woods-Black

A Harlem hot spot.

Sylvia: the "Queen of Soul Food."

COURTESY OF SYLVIA'S. STOREFRONT AND STATE ILLUSTRATION: GETTY IMAGES.

Follow us!
@sylviasrestaurant
sylviasrestaurant.com

Didja know...
Harlem served as the stomping grounds for countless legendary figures like Duke Ellington, Louis Armstrong, and Billie Holiday.

DON'T HAVE ENOUGH MONEY TO STOCK UP ON FOOD. WE ONLY HAVE MONEY FOR GROCERIES FOR THE NEXT TWO DAYS.

Elsa, Texas

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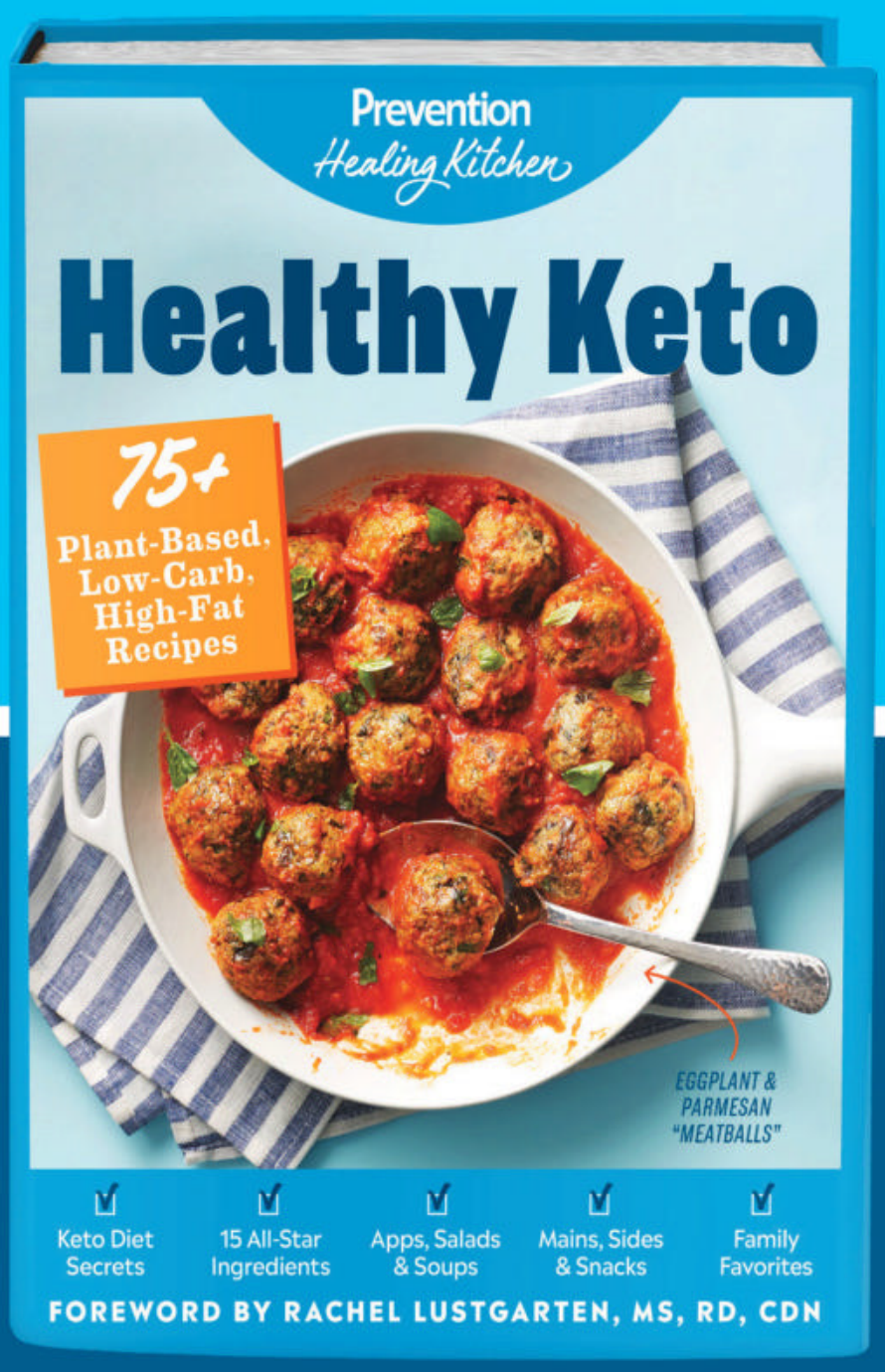

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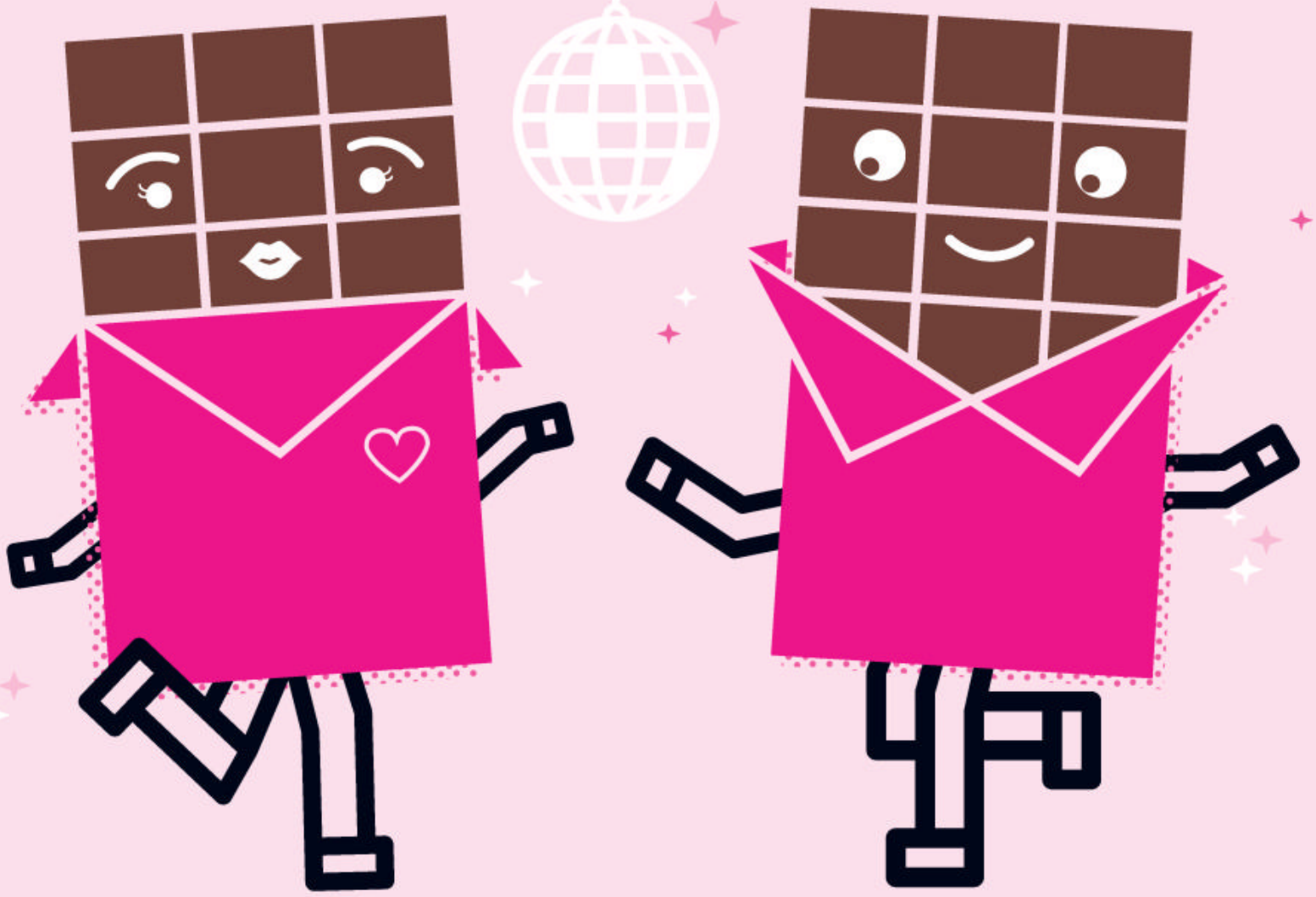
HEARST HOME

Sweet moves for your heart



Does your Valentine's Day include hitting a heart-shaped box of chocolates? Make it the dark variety: Research shows that dark chocolate can be pretty sweet for your heart. Cocoa has anti-inflammatory and antioxidant powers—key, because chronic inflammation is linked to a host of conditions, including heart disease and diabetes. "Cocoa compounds called flavanols improve blood flow, reduce the risk of clotting, and improve blood pressure levels," says Whitney Linsenmeyer, Ph.D., R.D., a spokesperson for the Academy of Nutrition and Dietetics. Keep in mind:

Reach for bars with a cocoa percentage of 70% or higher (more cocoa equals more healthy compounds). Not a fan of chocolate *that* dark? You can go as low as 38%, which has fewer flavanols but still less sugar and more cocoa than the traditional milk kind.

The word *chocolate, cocoa,* or *cacao* should appear first on the ingredients list. If *sugar* is first or you see words you can't pronounce, steer clear–this means it's likely to be full of empty calories and fillers, which negate all the good stuff.

And pay attention to the label: If it says "Dutch-processed cocoa," it's probably lighter on those compounds because of the way it's made–though you'll still get a decent dose! In any case, as with any other candy, enjoy it without gorging.

Didja know...
Need a reco? Try Alter Eco, makers of delicious organic and Fair Trade Certified chocolate bars and truffles (*alterecofoods.com*).

DEVELOPING heart-healthy habits

February is American Heart Month, which means it's the perfect time to learn to love your heart with Lipton Tea! Drinking our unsweetened Green Tea or Black Tea can help support a healthy heart, all while being a delicious way to hydrate. Discover four simple ways you can build a heart-healthy routine with some help from Lipton.

Make It Plant-Based

Flavonoids are natural dietary compounds, which have long been associated with heart health benefits. Tea is one of the best sources of flavonoids in the diet–which makes it a smart beverage choice. Unsweetened Lipton Black Tea and Green Tea contain about 170 mg and 150 mg of flavonoids per serving, respectively.

Be Active

Regular physical activity is key to keeping your heart in top-notch shape. Whether you're a runner, a swimmer, or a yogi, get up and get moving! Remember that staying hydrated is an important part of being active. Unsweetened tea is predominately water, which is needed to keep your body running at its best.

Swap Out Sugar

Choosing beverages with no added sugars in place of sugar-sweetened beverages can contribute to a healthy diet consistent with dietary guidelines. Make the switch and drink unsweetened Lipton Black and Green Tea to help support a healthy heart.

Cut Down On Calories

Everything you eat and drink matters for your heart health. Did you know Lipton's unsweetened Black Tea and Green Tea contain zero calories? Grab a cup today. And tomorrow. And the next day!

American Heart Association.
Life is Why

Lipton is proud to be a national sponsor of the American Heart Association's Life is Why campaign.*

TO LEARN MORE ABOUT THE HEART HEALTH BENEFITS OF TEA, VISIT **LIPTON.COM**

*The American Heart Association's relationship is limited to unsweetened Lipton Black Tea and Green Tea.

LOVE YOUR HEART

Daily consumption of unsweetened Lipton brewed tea,
as part of a diet consistent with
American Heart Association dietary guidelines,
can help support a healthy heart.*

*Unsweetened Lipton Black Tea contains about 170mg of flavonoids per serving, no calories, no added sugars and it is 99.5% water.

The American Heart Association's relationship is limited to Unsweetened Lipton Black Tea and Green Tea.

Boost your HEART HEALTH

by Alyssa Jung

February is Heart Month, and this year we celebrate *you*! Whether you have been following our Live Longer & Stronger Challenge since its kickoff in the September issue (great work!) or are realizing it's time to make some changes (good for you!), we're here to help. Flip through for surprisingly easy moves with heart-y payoffs, and hear women just like you talk about how they strengthened their tickers. Go, you!

GETTY IMAGES

3 SMART MOVES

★1★

Climb Some Stairs

It's a great form of exercise, and it gets your heart pumping with just a few extra steps. But climbing stairs is also a useful (and quick!) heart-health check: Try to climb four flights in under a minute without stopping. If you can do that, you have good cardiovascular fitness, says a study conducted by Jesús Peteiro, M.D., a cardiologist in Spain. If you can't, it's a sign that you need to move more. Remember, exercise positively affects heart-related factors like inflammation, blood pressure, and weight.

★2★

Load Up on Pulses

Lean protein is key to heart-healthy eating, and pulses (a.k.a. legumes, like beans, peas, and lentils) are underrated picks that fit the bill. You should definitely be eating more of them, says Marisa Moore, a registered dietitian nutritionist in Atlanta: "When it comes to heart health, pulses are the perfect pick. They help keep you full, and research suggests that they may help lower blood pressure and reduce LDL (or bad) cholesterol levels."

★3★

Watch Your Waist

Being overweight or obese is a heart disease risk factor, but it's especially worrisome if those extra pounds are around your middle. Research shows that women with apple-shaped bodies are three times as likely to develop cardiovascular disease as pear-shaped women with fat mostly in their hips and legs, and having an apple-shaped body may be a better predictor of heart disease risk than body mass index. Fat deep in the abdomen is particularly dangerous because it wraps around organs.

BEANS: MIKE GARTEN. APPLE: GETTY IMAGES.

HEART HEROES

Meet three women who helped their hearts via the *Woman's Day* Live Longer & Stronger program. Here, what worked for them and still sticks to this day.

Nancy Zarriello

Nancy, 58, is an educator and children's book author from Sea Bright, NJ. She's been married for 31 years and has two grown kids and a new grandbaby (her first!).

HEART VICTORIES:
I got off cholesterol medication and am 24 pounds lighter.

OFF-SCALE WINS: My biggest accomplishment was conquering an uphill mountain hike. At the beginning of the program, I had to stop after 15 minutes due to chest pains. After a heart assessment and a few months of hard work, I finally made it to the top!

WHAT HABITS HAVE HELPED YOU THE MOST?
I fill up on water before meals and start dinner with a salad to be sure I get my veggies. I log my food in the MyFitnessPal app. And I learned how to dine out smarter–it's a game to see what healthier (and tasty!) substitutions I can make.

Marguerita Guerra

Marguerita, 60, is a university supervisor living in Humble, TX, with her husband of 23 years and their dog.

HEART VICTORIES: I cut my blood pressure meds in half, improved my blood sugar levels, and lost 15 pounds.

WHAT WAS YOUR AHA MOMENT? I had a mini stroke in June 2018 and applied for Live Longer & Stronger soon after. I still get nervous thinking about the pain and fear. I knew I had to do something.

OFF-SCALE VICTORIES: I triggered a family-wide transformation. My loved ones decided to support me during the challenge, so they exercised and changed their eating habits, and we lost 80 pounds!

WHAT WAS THE HARDEST CHANGE TO MAKE? I love sweets! But I learned how to make better choices that still satisfied my craving, like frozen Greek yogurt bars or fresh raspberries each stuffed with a dark chocolate chip.

WHAT'S YOUR GO-TO HEALTH HACK? I keep healthy snacks in my bag—I've learned that waiting until you're starving to eat can lead to overeating or poor food choices. And I now eat until I'm no longer hungry, not until I'm stuffed!

Amber Duncan

Amber, 42, of Gladstone, OR, is a single mom of four (including twins!). She's a teacher, a doctoral student in educational leadership, and a half-marathon enthusiast.

HEART VICTORIES: I dropped 45 pounds on the program (then another 10!) and reversed prediabetes.

WHAT SPARKED THE NEED FOR A CHANGE? I was diagnosed with pre-diabetes, which raises my risk for type 2 diabetes. I wanted to show my kids that they could actively control their health.

SHARE A MEMORABLE MOMENT. Toward the end of the challenge, my youngest daughter hugged me, gasped, and said, "Mom, I can put my arms all the way around you now!" That touched my heart.

WHAT DOES YOUR LIFE-STYLE LOOK LIKE NOW? I maintain my good habits most days and recognize that some are harder than others and I need to give myself grace. I set an action weight—if the scale creeps closer, I know I need to buckle down with my choices.

MINI CHALLENGE

Each month, we'll give you a fun way to supercharge your journey to better health.

Your third mission Each day, aim to add two sets of stairs to the number you normally do in the course of a day and do them as quickly as possible (without tripping!). Share your progress at *facebook.com/groups/wdlivelongerandstrongerchallenge*.

Nama-stay Healthy.

Restore balance with the Antioxidant Superpower.

POM Wonderful, the Antioxidant Superpower, has four times more free-radical-fighting antioxidants than the average cup of green tea. Making it the perfect drink to help you reach nirvana.

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Think you're in control of the sugar you eat?

YOU'RE IN FOR A SHOCK!

Uncover the added sugar traps in your food and drink.

DISCOVER THE 100+ HEALTHY SWAPS TO CUT BACK.

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Take the quiz to find out if your daily sugar dose is okay or out of whack.

Try the 21-Day Sugar Detox
Go clean and lean with a delicious meal plan free from added sugars.

Rethink Your Drink
Make a switch from high-sugar sodas, coffees, juices, and sports drinks.

Break the Sugar Cycle
Choose better-for-you foods with the smart swap photo guide.

HEARST HOME

woman's day
HEART HEALTH SPECIAL

This month's

HEALTH CHECKLIST

Five little wellness moves to make right now

CHECK HERE		TO DO
	Stretch your arteries Seriously! A new study found that people who stretched their legs five times a week for 12 weeks had better blood flow and less arterial stiffness than people who didn't do any stretching **Flexible arteries = less chance of a blockage.**	Improve your flexibility with the StretchIt app!
	Lettuce eat more cabbage! **After all, February 17 is National Cabbage Day!** Plus, women in a recent study who ate more than 45 g of cruciferous veggies (½ cup raw cabbage or ¼ cup steamed broccoli) daily had healthier blood vessels than those who ate very small amounts. *Psst*...Brussels sprouts and bok choy count too!	Coleslaw fan? Try subbing nonfat Greek yogurt for mayo.
	Know the signs of a stroke Nearly one in three people under age 45 can't name all the most common signs. **Look for numbness in the face or limbs, confusion, slurred speech, dizziness, balance or vision issues, or a severe headache.** Acting fast could save a life!	Call 911 right away if you or someone you're with shows signs of a stroke.
	Check in with your friends We've been distanced from loved ones lately, and that isolation can impact our health. Women who don't have a partner and do two or fewer social activities a month or have a small social network are more likely to have high blood pressure than those who are more socially connected, according to new research.	Set up a regular dinner or exercise date with a friend over Zoom.
	Load up on omega-3s **Getting heart-healthy omega-3 fatty acids from foods like salmon, tuna, and omega-3 eggs is smart,** but a new study review found that also taking a daily supplement (1,000 mg of EPA and DHA) might lower your heart disease risk even more.	Ask your doctor if a supplement might boost your heart health!

GETTY IMAGES.

Eat to ease sniffles, coughs, and more

Cold and flu season is in full swing–and these kitchen cures can offer some tasty relief

WD's Nutrition Expert
Joy Bauer, R.D.N.
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joybauer.com

SO YUM! Get the recipe for this citrusy salad at *womansday.com/steak-and-lentil-salad.*

Pink grapefruit

BONUS Rx: This citrus superstar, which is bursting with immunity enhancers vitamin C and beta-carotene, is about 90% water–hydration is an important part of getting well and staying that way. Freeze and shred sections to help a sore throat.

Ginger

BONUS Rx: It's known for soothing upset tummies, but ginger has also been used for centuries to fight colds thanks to its anti-inflammatory and antioxidant properties, which may help improve immunity.

Turmeric

BONUS Rx: This spice may help treat issues like runny noses and scratchy throats because it contains the antioxidant curcumin. Add a dash of black pepper and olive oil to assist with absorption.

Pumpkin seeds

BONUS Rx: These contain zinc, and supplements with that mineral may help reduce cold duration and symptom severity. I love using food as medicine–it can't hurt to munch on these to quiet sneezes!

Chicken soup

BONUS Rx: A bowl of chicken soup is cozy comfort when you're sick, but there's more–chicken has zinc, veggies like carrots are packed with antioxidants, and the warm broth is hydrating (and eases a sore throat).

CON POULOS.

GREAT TASTE, WITH NUTRIENTS TO SUPPORT IMMUNE HEALTH

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Lean cuisine

DIG IN TO HIGH PROTEIN BOWLS

Try a satisfying high protein bowl - all 400 calories or less. It's easy to stay on track with LEAN CUISINE® when you have the perfect balance of nutritious and delicious in every bite.

370 CALORIES

17G PROTEIN

1/2 CUP VEGGIES

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recipes

CLASSIC
Broccoli + Cheddar

Speedy spuds
Prick potatoes with a fork and microwave on high until tender, 4 to 5 min. per side.

TANGY AVOCADO
Tomatoes + red onion + avocado + jalapeño + lime juice + cilantro

HEARTY VEG
Black beans + sautéed spinach + scallions + Greek yogurt

February 22 is National Cook a Sweet Potato Day!

CON POULOS. FOOD STYLING: CHRISTINE ALBANO. PROP STYLING: SARAH SMART.

From Celebrate Love, page 29

Chocolate Truffles

ACTIVE 50 MIN. ✦ **TOTAL** 3 HR.
MAKES 4 DOZEN TRUFFLES (ABOUT 30 DARK AND 18 WHITE)

For dark chocolate

- ¾ cup heavy cream
- ¼ tsp instant espresso powder
- 4 oz bittersweet chocolate, finely chopped
- 4 oz semisweet chocolate, finely chopped
- 1 tsp pure vanilla extract
- 2 Tbsp unsalted butter
- ¼ tsp kosher salt

For white chocolate

- ¼ cup heavy cream
- 8 oz white chocolate, finely chopped
- 1½ tsp Irish cream liqueur (such as Baileys or Kerrygold) or pure vanilla extract
- ¼ tsp kosher salt

Toppings

Chopped pistachios, peanuts, and pecans; confectioners' sugar; cocoa powder; unsweetened coconut flakes; and nonpareils

1 For dark chocolate truffles, in medium saucepan, heat cream until barely simmering. Remove from heat and stir in espresso. Add bittersweet and semisweet chocolates and stir until melted and smooth. Stir in vanilla, butter, and salt. Transfer mixture to shallow bowl, cover with plastic wrap, and refrigerate until firm, at least 2 hr. and up to 1 week.

2 Repeat for white chocolate truffles, using cream, white chocolate, Irish liqueur or vanilla, and salt.

3 Using small cookie scoop, melon baller, or teaspoon, scoop enough chocolate to make ¾-in. balls. Roll between palms until surface is smooth; chill 10 min. Roll balls in toppings, shaking off excess.

4 Store truffles in airtight container, placing waxed paper between layers; refrigerate up to 3 days. Serve at room temp.

WD TEST KITCHEN TIP
Don't skimp on the sugar-cornstarch mixture: It helps with handling the sticky marshmallows before they've set up and become firm.

Razzie Swirl Marshmallows

MAKES 7 DOZEN MARSHMALLOWS

- 3 ¼-oz packets unflavored gelatin
- 1½ cups granulated sugar
- 1 cup light corn syrup
- ¼ tsp kosher salt
- 1 Tbsp pure vanilla extract
- 1 tsp raspberry extract
- 1 tsp rose water
- Pink gel food coloring
- ½ cup confectioners' sugar
- ¼ cup cornstarch

1 Place ½ cup cold water in bowl of electric stand mixer; sprinkle with gelatin.

2 In 2-qt saucepan fitted with candy thermometer, combine granulated sugar, corn syrup, ½ cup water, and salt; cook on medium-high until temperature registers 240°F, 6 to 13 min.; remove from heat.

3 With mixer on low speed, carefully drizzle sugar syrup into gelatin. Gradually increase speed to high and beat until very thick, 12 to 15 min. Beat in vanilla and raspberry extracts and rose water. Transfer half of mixture to medium bowl and stir in food coloring.

4 In medium bowl, whisk together confectioners' sugar and cornstarch. Line 13- by 9-in. baking pan with parchment; dust heavily with cornstarch mixture. Alternating dollops, spoon white and pink marshmallow into prepared pan, then spread with greased spatula and use knife to create swirl pattern. Dust top with remaining cornstarch mixture, using hands to pat and spread evenly into corners. Let stand until firm, 6 hr.

5 Peel edges of parchment from marshmallow. With chef's knife or kitchen shears, cut into 1-in. cubes. Store in airtight container up to 1 month.

TRUFFLES: CON POULOS. MARSHMALLOWS: MIKE GARTEN.

Rosy Meringue-wiches

ACTIVE 30 MIN. ✦ **TOTAL** 1 HR. 30 MIN. PLUS COOLING
MAKES ABOUT 20 SANDWICHES

Meringues

- 4 large egg whites
- Pinch of kosher salt
- ½ tsp cream of tartar
- ¾ cup superfine sugar
- 2 Tbsp seedless raspberry jam
- Pink gel food coloring

Chocolate ganache

- 6 oz bittersweet chocolate, finely chopped
- ¾ cup heavy cream

1 Make meringues: Heat oven to 200°F and line 2 large baking sheets with parchment paper. In large bowl, using electric mixer with whisk attachment, beat egg whites and salt on medium-high until stiff peaks form, 5 to 7 min.

2 Add cream of tartar, then increase speed to high and gradually add sugar 1 Tbsp at a time, waiting 4 to 5 sec. between additions, until meringue forms stiff, glossy peaks.

3 In small bowl, combine raspberry jam and food coloring. Mix in 1 cup meringue. Fold back into meringue, adding more food coloring if desired. Transfer mixture to large piping bag fitted with large star tip. Pipe 2-in. rounds onto prepared baking sheets, spacing 1½ in. apart.

4 Bake, rotating positions of pans halfway through, until no longer tacky but still soft, 60 to 65 min. Let cool completely on sheets.

5 Meanwhile, prepare ganache: Place chocolate in large bowl. In small saucepan, heat cream until hot but not boiling. Pour over chocolate, let sit 3 min., then stir until melted and smooth. Let cool until slightly thickened. Make sandwiches with meringues and ganache.

WD TEST KITCHEN TIP

Dark chocolate and raspberry are a sublime match, but if your sweetie has more of a you-know-what tooth, hazelnut spread would work nicely too.

Chocolate Lovebugs

ACTIVE 15 MIN. PLUS DECORATING ✦ **TOTAL** 25 MIN. PLUS DECORATING
MAKES 24 MINI CUPCAKES

- 24 mini chocolate cupcakes (*womansday.com/chocolate-cupcakes*)
- Royal icing (*womansday.com/royal-icing*)
- Red and pink gel paste food coloring
- Red, pink, and white medium nonpareils; red, pink, and white sugar hearts; and sanding sugar, for decorating

1 Bake cupcakes as directed, using mini muffin tin lined with paper liners.

2 Separate royal icing into 3 bowls and tint 1 red and 1 pink. Transfer ⅓ of each color to separate pastry bags fitted with fine tips. Use a few drops of water to thin icing remaining in bowls for flooding; place in separate resealable bags; snip off corners.

3 Using thicker icing, outline lovebug wings on cupcakes, then flood using thinner icing. Decorate as desired while icing is still wet. For multiple colors, let each icing dry before applying another.

Crispy Duck Noodles

ACTIVE 40 MIN.
TOTAL 45 MIN. ✦ **SERVES** 4

- 3 5-oz pkgs. duck leg confit (we used D'Artagnan)
- ½ cup hoisin sauce
- 2 tsp orange zest plus ¼ cup juice
- 2 tsp freshly grated ginger
- 1 tsp honey
- 1 tsp five-spice powder
- ¼ tsp Sichuan pepper, finely ground (optional)
- 2 heads baby bok choy (about 10 oz), halved lengthwise and washed
- 5 oz dried egg noodles
- 4 scallions, shredded lengthwise
- ½ seedless cucumber, sliced into thin strips

1 Heat oven to 400°F. Place duck in medium roasting pan, cover with foil, and roast 20 min.

2 Meanwhile, in bowl, combine hoisin, orange zest and juice, ginger, honey, and spices. Put bok choy in heatproof bowl and cover with boiling water; let sit 2 min., then drain well.

3 Remove duck from oven. Increase oven temperature to hottest setting without broiling. Remove foil and transfer duck legs to plate; discard any fat in pan. Loosely shred meat, discarding skin, bones, and fat. Return meat to baking pan and toss with sauce.

4 When oven is up to temp, return duck to oven and roast, uncovered, until sauce bubbles and begins to turn sticky and duck starts to crisp around edges, 5 to 6 min.

5 Meanwhile, prepare noodles per pkg. directions; drain.

6 Remove duck from oven and add noodles and bok choy, then toss with duck to coat with sauce. To serve, scatter with shredded scallions and cucumber strips.

MERINGUES: CON POULOS. LOVEBUGS: KAT TEUTSCH. DUCK NOODLES: CHARLIE RICHARDS.

Didja know...
In the Chinese New Year celebration, long noodles are a symbol of longevity: The longer the noodles you eat, the longer your life!

Gingery Pork & Chive Dumplings

ACTIVE 40 MIN. ✦ **TOTAL** 50 MIN.
SERVES 6

- 1 lb ground pork
- 1 Tbsp reduced-sodium soy sauce
- 2 tsp sugar
- 2 tsp rice wine
- 2 tsp grated ginger
- 1 clove garlic, grated
- ½ cup sliced chives
- 4 scallions, thinly sliced
- 1 pkg. round dumpling wrappers
- Kosher salt
- 2 Tbsp canola oil, optional, for frying
- Favorite dipping sauce

1 In bowl, combine first 8 ingredients.
2 Line baking sheet with parchment. In batches, place 1 rounded Tbsp filling in center of 1 wrapper.
3 Using fingers, lightly wet wrapper edges with water. Fold in half and press to seal, pleating as desired. Transfer to prepared sheet. Repeat with remaining filling and wrappers.
4 Add 1 Tbsp salt to large pot of simmering water. In 3 batches, cook dumplings, stirring, until filling is cooked through, 3 to 6 min. Using slotted spoon, transfer to plate.
5 To pan-fry (optional), heat large skillet on medium-high. Add canola oil and cook boiled dumplings until golden brown and crisp, 1 to 2 min. per side. Serve with dipping sauce.

Veggie Spring Rolls

ACTIVE 55 MIN. ✦ **TOTAL** 1 HR.
MAKES 8

- 2 tsp reduced-sodium soy sauce
- 1 tsp rice vinegar
- 1 tsp toasted sesame oil
- 2 tsp cornstarch
- 2 Tbsp canola oil, plus more for frying
- 5 large shitake mushroom caps, thinly sliced
- 2½ cups shredded napa cabbage
- ½ 8-oz can bamboo shoots, drained and cut into matchsticks
- 1 Tbsp grated ginger
- 1 clove garlic, grated
- 8 spring roll wrappers
- Favorite dipping sauce

1 In bowl, combine soy sauce, vinegar, sesame oil, cornstarch, and 2 tsp water to dissolve.
2 Heat oil in large skillet on medium-high. Cook mushrooms, tossing, 4 min. Add cabbage and stir-fry 1 min. Add bamboo shoots, ginger, and garlic; cook 1 min. Stir in soy sauce mixture; cook 1 min. Transfer to plate.
3 Heat 2 in. oil in deep saucepan to 325°F. With corner of 1 wrapper facing you, place 2 heaping Tbsp filling onto bottom third. Fold corner over filling and roll it over once. Then fold both sides over filling and continue rolling, adding a dab of water around edges to seal; repeat.
4 Fry in batches, turning once, until golden brown, 7 to 8 min. (Adjust heat as necessary to maintain temperature.) Transfer to paper towel–lined plate. Serve with dipping sauce.

King Cake

ACTIVE 40 MIN. ✦ **TOTAL** 1 HR. 10 MIN. PLUS RISING ✦ **SERVES** 12

For dough

- ¾ cup plus 1 Tbsp whole milk, divided
- 1 ¼-oz pkg. active dry yeast
- ¼ cup plus 1 tsp granulated sugar, divided
- 3 cups all-purpose flour, plus more for dusting
- 1 tsp ground cinnamon
- 1 tsp kosher salt
- 3 large egg yolks plus 1 large egg, at room temp
- ½ cup (1 stick) unsalted butter, at room temp
- 1 tsp finely grated lemon zest
- 1 tsp pure almond extract
- 1 tsp pure vanilla extract
- Oil, for greasing

For filling

- 1 cup pecans, chopped
- ⅓ cup light brown sugar
- 1 tsp ground cinnamon
- 4 Tbsp unsalted butter, at room temp
- 1 empty 28-oz can (label discarded), washed

For frosting

- 1 8-oz pkg. cream cheese, at room temp
- 4 Tbsp unsalted butter, at room temp
- 1½ cups confectioners' sugar
- ½ tsp pure vanilla extract
- Purple sanding sugar

1 Make dough: Microwave ¾ cup milk until warm to the touch (about 110°F). Whisk in yeast and 1 tsp granulated sugar and let sit until foaming, 10 min.
2 In bowl, whisk together flour, cinnamon, salt, and remaining ¼ cup sugar.
3 In large bowl, using electric mixer, whisk together egg yolks, butter, lemon zest, and extracts. Stir in yeast mixture to combine. Gradually mix in flour mixture. Using dough hook, mix on lowest speed until smooth dough forms, 5 to 7 min. Transfer to lightly oiled bowl, cover with damp towel, and let rise until doubled in size, 1 hr.
4 Make filling: In bowl, mix pecans, brown sugar, and cinnamon.
5 On lightly floured surface, roll dough to 10- by 15-in. rectangle. Spread with softened butter and sprinkle with pecan mixture. Starting from long side, roll dough into tight log, lightly pinching seam to seal.
6 Grease outside of can and place in center of large oiled baking sheet. Wrap log around can, seam side down, gently pulling from center of log to stretch around. Using a little water as glue, pinch ends together to seal.
7 Cover dough with damp towel and let rise until dough doesn't bounce back when pressed gently with finger, 45 min. to 1 hr.
8 Heat oven to 375°F. In bowl, whisk remaining egg and Tbsp milk and lightly brush dough with it; bake 15 min. Rotate pan and remove can, brush inside of cake with egg mixture, and bake until golden brown, 10 to 15 min. Transfer to wire rack.
9 Make frosting: Using electric mixer, mix cream cheese and butter to combine. Beat in confectioners' sugar, then vanilla. Spread on top of cooled cake, then sprinkle with sanding sugar.

DUMPLINGS AND CAKE: MIKE GARTEN. SPRING ROLLS: GETTY IMAGES.

From What's for Dinner?!, page 51

Cheeseburger Flatbread Pizza

ACTIVE 20 MIN. ✦ **TOTAL** 35 MIN.
SERVES 4

- ½ lb lean ground beef (at least 90% lean)
- 2 Tbsp ketchup
- 1 Tbsp Worcestershire sauce
- 2 tsp whole-grain mustard
- Black pepper
- 4 pita breads
- ½ cup jarred pizza sauce
- ½ small red onion, thinly sliced
- 1 cup cherry or grape tomatoes, quartered
- ¾ cup shredded Cheddar
- 1 cup baby arugula

1 Heat oven to 450°F. Heat large skillet on medium. Add beef and cook, breaking up with spoon, until no longer pink, 3 to 4 min. Remove from heat and stir in ketchup, Worcestershire sauce, mustard, and ¼ tsp pepper.
2 Place pita breads on 2 baking sheets. Spread pizza sauce over pitas, leaving ½-in. border. Top with onion, then beef, tomatoes, and Cheddar. Bake until crusts are golden brown and crisp, 10 to 12 min. Top with arugula.

PER SERVING 430 CAL, 14 G FAT (6 G SAT), 21 G PRO, 958 MG SODIUM, 53 G CARB, 4 G FIBER

SWITCH IT UP
For a sweet and smoky kick, omit ketchup and substitute barbecue sauce for pizza sauce.

Roasted Chicken, Potatoes, and Poblano Peppers

ACTIVE 10 MIN. ✦ **TOTAL** 35 MIN.
SERVES 4

- 2 medium sweet potatoes (about 1 lb), peeled and cut into 2-in. pieces
- 3 small Yukon Gold potatoes, cut into 1-in.-thick wedges
- 2 small poblano peppers, sliced
- 3 Tbsp olive oil, divided
- Kosher salt and pepper
- 4 small chicken legs, split (4 thighs and 4 drumsticks)
- 1 Tbsp fresh lime juice
- 2 tsp paprika
- ½ tsp ground cinnamon

1 Heat oven to 425°F. On large rimmed baking sheet, toss sweet potatoes, Yukon Gold potatoes, and poblanos with 2 Tbsp oil and ¼ tsp each salt and pepper.
2 In large bowl, toss chicken with lime juice and remaining Tbsp oil, then paprika and cinnamon.
3 Nestle chicken pieces among vegetables and roast until chicken is cooked through and vegetables are golden brown and tender, 25 to 30 min.

PER SERVING 614 CAL, 29 G FAT (7 G SAT), 54 G PRO, 353 MG SODIUM, 31 G CARB, 4 G FIBER

Rigatoni with Roasted Broccoli and Red Onions

ACTIVE 15 MIN. ✦ **TOTAL** 30 MIN.
SERVES 4

- 4 cloves garlic, smashed
- 1 head broccoli, cut into small florets
- 1 red onion, cut into ½-in.-thick wedges
- 2 Tbsp olive oil
- Kosher salt and pepper
- 4 slices bacon
- 12 oz rigatoni
- ½ cup grated Parmesan (2 oz), divided

1 Position racks to divide oven into thirds. Heat oven to 425°F. On large rimmed baking sheet, toss garlic, broccoli, onion, oil, and ¼ tsp each salt and pepper and roast until golden brown and tender, 20 to 25 min.
2 Arrange bacon on second rimmed baking sheet and roast along with vegetables until crisp, 12 to 15 min. Transfer to paper towel–lined plate. Break into pieces when cool.
3 Meanwhile, cook pasta per pkg. directions. Reserve ¾ cup cooking water, drain pasta, and return to pot. Add ½ cup reserved cooking water and ¼ cup Parmesan and toss to coat (add more liquid if pasta seems dry).
4 Add vegetable mixture and bacon to pasta; toss to combine. Serve with remaining Parmesan.

PER SERVING 511 CAL, 16 G FAT (5 G SAT), 23 G PRO, 547 MG SODIUM, 72 G CARB, 6 G FIBER

Seared Pork Chops with Lentil and Apple Salad

ACTIVE 20 MIN. ✦ **TOTAL** 20 MIN.
SERVES 4

- 2 Tbsp olive oil, divided
- 8 ½-in.-thick boneless pork chops (about 1½ lbs total)
- 1 tsp paprika
- Kosher salt and pepper
- ¼ small red onion, finely chopped
- 2 Tbsp apple cider vinegar
- 1 tsp whole-grain mustard
- 1 14-oz can lentils, rinsed
- 1 crisp red apple (such as Gala or Fuji), cored and cut into ¼-in. pieces
- 1 stalk celery, chopped, plus 1 cup leaves

1 Heat ½ Tbsp oil in large skillet on medium-high. Season pork with paprika and ½ tsp each salt and pepper. Cook 4 chops until golden brown and just cooked through, 2 to 3 min. per side; transfer to plates. Repeat with ½ Tbsp oil and remaining pork chops.
2 Meanwhile, in large bowl, whisk together remaining Tbsp oil, onion, vinegar, mustard, and ¼ tsp each salt and pepper. Add lentils and toss to combine. Fold in apple, celery, and celery leaves. Serve with pork.

PER SERVING 478 CAL, 16 G FAT (3 G SAT), 37 G PRO, 367 MG SODIUM, 22 G CARB, 9 G FIBER

MAKE AHEAD
Prepare salad without apples and refrigerate up to 1 day. Fold in apples just before serving.

PIZZA AND PORK: STEVE GIRALT. CHICKEN: CHRIS COURT. RIGATONI: JONNY VALIANT.

Didja know...
There are competing claims to the first cheeseburger, but only the Humpty Dumpty Drive-In in Denver got the 1935 trademark.

Zesty Shrimp with Chimichurri Rice

ACTIVE 25 MIN. ✦ **TOTAL** 25 MIN.
SERVES 4

- 1 cup long-grain rice
- 1 medium orange
- 1 cup fresh cilantro leaves, finely chopped
- 4 scallions, thinly sliced (about 1 cup)
- 2 large cloves garlic, finely chopped
- ¼ tsp red pepper flakes
- 2 Tbsp olive oil, divided
- Kosher salt and pepper
- 1 lb large shrimp, peeled and deveined
- ½ tsp ground cumin
- 1 avocado, cut into ¼-in. pieces

1 Cook rice per pkg. directions. Meanwhile, finely grate 2 tsp zest from orange and set aside. Cut away peel and white pith from orange and, working over large bowl, cut into segments. Roughly chop segments and place in bowl. Squeeze juice from membrane into bowl, then mix in cilantro, scallions, garlic, red pepper flakes, 1 Tbsp oil, and ¼ tsp salt.
2 Heat remaining Tbsp oil in large skillet on medium-high. Season shrimp with cumin, reserved zest, and ¼ tsp each salt and pepper. Cook, tossing occasionally, until opaque throughout, 3 to 4 min.
3 Fold rice and avocado into chimichurri mixture and serve with shrimp.

PER SERVING 415 CAL, 13 G FAT (2 G SAT), 23 G PRO, 331 MG SODIUM, 53 G CARB, 6 G FIBER

From Life of the Party, page 55

Honey-Lime Pork with Pineapple Slaw

ACTIVE 30 MIN.
TOTAL 7 HR. 30 MIN.
SERVES 4

- ¼ cup reduced-sodium soy sauce
- 1 Tbsp Worcestershire sauce
- ¼ cup plus 1 Tbsp honey, divided
- 3 Tbsp fresh lime juice, divided
- 1 large clove garlic, finely chopped
- 1½ lbs boneless pork butt or shoulder, trimmed and cut into 1½-in. pieces
- Kosher salt and pepper
- 3 Tbsp plain yogurt
- 1 Tbsp cider vinegar
- 2 scallions, finely chopped
- ¼ small head cabbage, shredded (about 3 cups)
- ¼ pineapple, cored and cut into ½-in. pieces
- ¼ cup fresh cilantro, chopped
- Cooked white rice, for serving

1 In 6-qt slow cooker, whisk together soy sauce, Worcestershire sauce, ¼ cup honey, and 1 Tbsp lime juice; stir in garlic. Season pork with ¼ tsp salt and ½ tsp pepper. Add to slow cooker and toss to coat. Cook, covered, until pork is tender and easily pulled apart with fork, 4 to 5 hr. on High or 6 to 7 hr. on Low.
2 Fifteen minutes before serving, in large bowl, whisk together yogurt, cider vinegar, remaining Tbsp honey and 2 Tbsp lime juice, and pinch each salt and pepper. Add scallions, cabbage, and pineapple and toss. Fold in cilantro just before serving.
3 Transfer pork to bowl and, using 2 forks, break into smaller pieces. Serve over rice with pineapple slaw.

PER SERVING 375 CAL, 10.5 G FAT (3.5 G SAT), 35 G PRO, 895 MG SODIUM, 36 G CARB, 2 G FIBER

Vegetarian Chili with Grains and Beans

ACTIVE 15 MIN. ✦ **TOTAL** 8 HR. 25 MIN. ✦ **SERVES** 6

- 1 28-oz can fire-roasted crushed tomatoes
- 1 14.5-oz can petite-diced tomatoes
- 1 Tbsp chili powder
- 2 tsp ground cumin
- 1 tsp ground coriander
- 3 cloves garlic, pressed
- 1 onion, chopped
- 1 large carrot, chopped
- 1 large poblano pepper, chopped
- ¾ cup wheat berries
- Kosher salt and pepper
- 1 15.5-oz can black beans, rinsed
- 1 15.5-oz can kidney beans, rinsed
- Sour cream, grated Cheddar, sliced scallions, fresh cilantro, and lime wedges, for serving

1 In 5- to 6-qt slow cooker, combine tomatoes, chili powder, cumin, coriander, garlic, onion, carrot, poblano, wheat berries, and ¾ cup water. Season with ¼ tsp each salt and pepper. Cook, covered, until wheat berries are cooked but still chewy, 5 to 6 hr. on High or 7 to 8 hr. on Low.
2 Stir in beans and cook until warmed through, 8 to 10 min. Serve with sour cream, Cheddar, scallions, cilantro, and lime wedges alongside.

PER SERVING 405 CAL, 1.5 G FAT (0 G SAT), 21 G PRO, 1,295 MG SODIUM, 81 G CARB, 22 G FIBER

SHRIMP: STEVE GIRALT. SLAW: DANIELLE DALY. CHILI: BRIAN WOODCOCK.

Didja know...
Love your slow cooker? You're not alone! It's estimated that about 80% of households in the U.S. own the appliance.

Mini Meatloaves and Polenta

ACTIVE 25 MIN. ✦ **TOTAL** 7 HR. 25 MIN. ✦ **SERVES** 4

- 1 28-oz can crushed tomatoes
- 2 small carrots (about 4 oz total), coarsely grated
- 1 small onion, finely chopped
- 3 cloves garlic, finely chopped, divided
- 1 sprig fresh rosemary, plus 1 tsp chopped
- 1 large egg
- Kosher salt and pepper
- ¼ cup panko
- ½ cup grated Parmesan
- 1 lb lean ground beef (at least 90%)
- 1 cup instant polenta
- 2 Tbsp unsalted butter
- Chopped parsley

1 In 5- to 6-qt slow cooker, combine tomatoes, carrots, onion, half of garlic, and rosemary sprig.
2 In bowl, whisk together egg, 2 Tbsp water, and ½ tsp each salt and pepper. Mix in panko, ¼ cup Parmesan, remaining garlic, and 1 tsp chopped rosemary, then beef. Shape into 4 small loaves and add to sauce, turning to coat. Cook, covered, until tender, 4 to 5 hr. on High or 6 to 7 hr. on Low.
3 Five minutes before serving, cook polenta per pkg. directions. Remove from heat and stir in butter and remaining ¼ cup Parmesan. Slice meatloaves and serve with sauce over polenta; sprinkle with parsley.

PER SERVING 560 CAL, 21.5 G FAT (10 G SAT), 34 G PRO, 912 MG SODIUM, 57 G CARB, 6 G FIBER

Cheesy Broccoli Stuffed Shells

ACTIVE 20 MIN. ✦ **TOTAL** 2 HR. 50 MIN. ✦ **SERVES** 4

- 1 cup low-sodium 1% small-curd cottage cheese
- ¼ cup grated Pecorino Romano or Parmesan
- 2 tsp finely grated lemon zest
- 4 oz part-skim mozzarella, coarsely grated (about 1¼ cups), divided
- 1 10-oz pkg. frozen broccoli, thawed, squeezed of excess moisture, and chopped
- 1 cup baby spinach, roughly chopped
- ¼ cup flat-leaf parsley, chopped
- 3 cups low-sodium marinara sauce, divided
- 16 large shells, uncooked
- Green salad, for serving

1 In large bowl, combine cottage cheese, pecorino, lemon zest, and ½ cup mozzarella; fold in broccoli, spinach, and parsley.
2 In 5- to 6-qt slow cooker, combine 2 cups marinara and ½ cup water. Fill shells with cheese mixture (about 3 Tbsp per shell), using side of spoon to push and pack in filling. Place filled shells in slow cooker, then spoon remaining cup sauce on top. Sprinkle with remaining mozzarella and cook, covered, until shells are tender, 2 to 2½ hr. on Low.
3 Spoon onto plates and serve with green salad.

PER SERVING 440 CAL, 16 G FAT (6 G SAT), 27 G PRO, 793 MG SODIUM, 49 G CARB, 7 G FIBER

Dessert in the slow cooker? Get ready for the moistest cake ever!

Applesauce Spice Cake

ACTIVE 15 MIN. ✦ **TOTAL** 2 HR. 45 MIN. ✦ **SERVES** 10

- 2 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1½ tsp ground ginger
- ¼ tsp ground cloves
- ½ tsp kosher salt
- ½ cup (1 stick) unsalted butter, at room temp
- ½ cup granulated sugar
- ½ cup firmly packed dark brown sugar
- 2 large eggs
- 1 cup unsweetened applesauce
- 1 tsp pure vanilla extract
- Confectioners' sugar, for dusting
- Ice cream, for serving

1 Place 15-in. piece of parchment in bowl of 5- to 6-qt slow cooker, letting excess come up sides. In large bowl, whisk together flour, baking soda, cinnamon, ginger, cloves, and salt.
2 In large bowl, using electric mixer, beat butter, granulated sugar, and brown sugar until light and fluffy, about 3 min. Beat in eggs 1 at a time, then applesauce and vanilla (mixture will look curdled). Reduce mixer speed to low and gradually add flour mixture, mixing until just incorporated.
3 Transfer batter to prepared slow cooker and cook, covered, until set and wooden pick inserted into center comes out clean, 2 to 2½ hr. on High.
4 Holding parchment, transfer cake to wire rack and let cool at least 15 min. Dust with confectioners' sugar and serve with ice cream if desired.

PER SERVING 285 CAL, 10.5 G FAT (6 G SAT), 4 G PRO, 240 MG SODIUM, 45 G CARB, 1 G FIBER

MEATLOAF AND SHELLS: CON POULOS. CAKE: JONNY VALIANT.

From Black History Month, page 61

Spicy Okra and Spinach Stew

ACTIVE 15 MIN. ✦ **TOTAL** 30 MIN. ✦ **SERVES** 4

- 3 Tbsp palm oil (or coconut or avocado oil)
- 2 tsp tomato paste (if not using palm oil)
- 2 tsp Akadi sauce (see tip below) or hot sauce of choice
- 2 tsp smoked paprika
- 2 tsp onion powder
- 2 tsp garlic powder
- 1 tsp pink Himalayan sea salt
- 4 cups chopped okra (about 1 lb fresh, or use frozen okra, thawed)
- 2 cups packed spinach, collard greens, or kale
- Rice, yam fufu, boiled or fried plantain, or boiled cassava, for serving

1 Heat oil in nonstick saucepan on medium-low. Add tomato paste and cook, stirring frequently, until tomato paste starts to dissolve and darkens in color, about 5 min.
2 Stir in Akadi sauce, smoked paprika, onion powder, garlic powder, and salt. Cook, stirring occasionally, until mixture is fragrant and forms a paste, 6 to 10 min.
3 Stir in okra, spinach, and ½ to ¾ cup water (depending on how thick you want the stew to be) and simmer until okra is tender and liquid has reduced slightly, about 10 min. (Chef's tip: If you don't like the gelatinous texture of the okra, cover and cook 20 min.) Serve with rice, yam fufu, boiled or fried plantain, or boiled cassava.

WD TEST KITCHEN TIP
Akadi sauce: To make a similar sauce, puree 1 **habañero chile**, 1 **plum tomato**, ¼ small **onion**, and 1 small clove **garlic** (all chopped) along with 1 tsp grated **ginger**.

Shrimp n' Grits wit' Crab Gravy

ACTIVE 30 MIN. ✦ **TOTAL** 45 MIN. **SERVES** 8

- 6 Tbsp unsalted butter
- 1 medium onion, chopped
- 1 small red pepper, cut into ¼-in. pieces
- 1 small green pepper, cut into ¼-in. pieces
- 2 large cloves garlic, finely chopped
- ½ cup all-purpose flour
- 8 cups seafood or crab stock or broth
- 1 Tbsp browning sauce
- 1 lb claw or lump crabmeat
- 1 Tbsp plus 1 tsp Old Bay Seasoning
- Black pepper
- 1 lb large peeled and deveined shrimp
- Grits, for serving

1 Melt butter in large Dutch oven on medium. Add onion and red and green peppers and cook, stirring occasionally, until tender, 8 to 10 min. Stir in garlic and cook 2 min.
2 Sprinkle vegetables with flour and cook, stirring, 2 min. Stir in seafood stock and browning sauce and bring to a boil.
3 Add crab and simmer until mixture has thickened, 10 to 12 min. Stir in Old Bay and ¾ tsp black pepper, then shrimp, and simmer until shrimp are just opaque throughout, 5 to 7 min. Serve over grits.

Full Slab Pork Ribs

ACTIVE 15 MIN. ✦ **TOTAL** 6 HR. 15 MIN. ✦ **SERVES** 6

- Hickory wood chips, for smoker
- 2 racks St. Louis-style pork ribs (5 to 6 lbs total), trimmed, membrane removed, and patted dry
- 3 Tbsp spice rub (from *jonesbbqkc.com* or adapted recipe below)
- Favorite barbecue sauce, for serving

1 Heat electric smoker with hickory chips per manufacturer instructions to 225°F. (Note: We adapted these ribs for the home cook. Jones uses a commercial smoker with hickory logs.)
2 Sprinkle spice mixture on both sides of ribs, then rub in.
3 Place ribs (cutting racks in half if necessary) on smoker racks and smoke, changing positions of ribs once and adding additional wood chips as necessary, until ribs are very tender but still have a bit of bounce in the middle, about 6 hr.
4 Transfer ribs to cutting board, lightly brush with barbecue sauce, then cut into pieces. Serve with additional barbecue sauce if desired.

Spice Rub
Combine 1½ tsp **sea salt**; 1 tsp each **sugar**, **granulated garlic**, and **onion powder**; ½ tsp **freshly ground black pepper**; and ¼ tsp each **paprika**, **turmeric**, **dried oregano**, and **parsley**.

STEW: AKADI. SHRIMP N' GRITS: MADELYNNE ROSS. RIBS: COURTESY OF JONES BAR B-Q.

Green Bean and Asparagus Casserole

ACTIVE 50 MIN. ✦ **TOTAL** 1 HR. 10 MIN. ✦ **SERVES** 4

For vegetables

- 2 oz dried mushrooms (a mix of morels and chanterelles)
- Kosher salt
- 1 lb green beans, trimmed and cut into 1-in. pieces
- ½ lb asparagus, trimmed and cut into 1-in. pieces
- 2 Tbsp olive oil
- 4 cloves garlic, finely chopped
- ½ cup fresh or frozen (thawed) peas

For béchamel

- 4 Tbsp unsalted butter
- ¼ yellow onion, finely chopped
- ¼ cup all-purpose flour
- 1 cup milk
- 1 cup chicken stock or broth
- ½ cup canned cream of mushroom soup concentrate (such as Pacific)
- 2 tsp reduced-sodium soy sauce
- ½ cup coarsely grated smoked Gouda cheese
- ¼ cup fresh goat cheese
- ¼ cup coarsely grated Parmesan, plus more for topping
- 2 Tbsp panko
- Fried onions, for serving

1 Heat oven to 400°F. Prepare vegetables: Fill medium bowl with hot tap water; add mushrooms and soak 10 min. Remove mushrooms with slotted spoon, pat dry, and set aside. (If mushrooms seem sandy, rinse well before patting dry).

2 Meanwhile, bring medium saucepan of salted water to a boil. Add green beans; cook 2 min. Using slotted spoon, remove beans and set aside. Return water to a boil, add asparagus, and cook until bright green, about 10 sec. Drain well and set aside.

3 Heat oil in medium skillet on medium. Add garlic and cook until just starting to turn golden brown, then add peas, mushrooms, asparagus, and beans, season with ¼ tsp salt, and cook, tossing, 2 min.; transfer to plate to cool.

4 Prepare béchamel: Melt 1 Tbsp butter in medium saucepan on medium. Add onion and cook, stirring occasionally, until translucent, about 3 min. Add remaining 3 Tbsp butter, let melt, then sprinkle with flour and cook, stirring, until golden brown, 3 to 5 min. Whisk in milk, stock, soup, and soy sauce and cook until starting to simmer. Fold in cheeses to combine and remove from heat.

5 In deep 6-in. cast-iron pan or 1½- to 2-qt casserole dish, spread vegetables in even layer, then pour béchamel over top. Sprinkle with panko and a bit of Parmesan. Bake until filling is bubbling and top is lightly browned, 20 to 25 min. Serve sprinkled with fried onions if desired.

Fried Fish

ACTIVE 20 MIN. ✦ **TOTAL** 20 MIN. PLUS STANDING ✦ **SERVES** 4

- ½ tsp garlic powder
- ¼ tsp paprika
- 1 tsp plus 1 Tbsp dried parsley flakes, divided
- Kosher salt and pepper
- 4 fish fillets (about 8 oz each and 1 in. thick), such as spot fish, cod, flounder, or sole
- ½ cup yellow cornmeal
- 1 Tbsp all-purpose flour
- ½ cup vegetable oil

1 In small bowl, combine garlic powder, paprika, 1 tsp parsley flakes, 1 tsp salt, and ½ tsp pepper. Rinse fish fillets and pat dry. Sprinkle seasoning mixture over each side of fish fillets and let stand at least 20 min. or, preferably, cover and refrigerate overnight.

2 On piece of waxed paper, combine cornmeal, flour, and remaining Tbsp parsley flakes. Coat fish in cornmeal mixture, pressing gently to help it adhere.

3 Heat oil in large skillet on medium-high. Cook fish, in batches if necessary, until lightly browned and opaque throughout, 2 to 4 min. per side depending on thickness of fish. Transfer to paper towel–lined plate.

Sweet Potato Pie

ACTIVE 15 MIN. ✦ **TOTAL** 1 HR. **SERVES** 10

- 1 unbaked pie shell
- 1½ cups mashed sweet potato
- ¾ cup sugar
- 1 tsp pure vanilla extract
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- Pinch of salt
- 2 large eggs, at room temp
- ¼ cup whole milk, at room temp
- 4 Tbsp unsalted butter, melted
- Whipped cream or ice cream, for serving

1 Heat oven to 300°F. With fork, poke bottom of crust all over.

2 In bowl, combine sweet potato, sugar, vanilla, cinnamon, nutmeg, and salt. Whisk in eggs and milk until mixture is smooth. Gradually whisk in melted butter.

3 Pour sweet potato mixture into prepared pie shell and bake until crust is golden brown and filling is slightly puffed at edges but still jiggles a little in middle, 45 to 55 min. Transfer to wire rack and let cool completely. If desired, refrigerate until chilled and serve with whipped cream or ice cream.

CASSEROLE: JENN DUNCAN. FISH: COURTESY OF SYLVIA'S. PIE: COURTESY OF MOON REFLECTIONS.

Didja know...
The sweet potato is the official state vegetable of North Carolina, which is the number one producer of sweet potatoes in the U.S.

Roasted Jerk Corn

ACTIVE 20 MIN. ✦ **TOTAL** 30 MIN.
SERVES 8

Jerk butter

- 1 Tbsp chopped roasted garlic (about 4 medium cloves)
- 2 to 3 tsp cayenne
- 2 tsp onion powder
- 2 tsp thyme
- 2 tsp sugar
- 2 tsp kosher salt
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tsp ground allspice
- ½ tsp black pepper
- ½ tsp red pepper flakes
- ½ tsp ground nutmeg
- ¼ tsp ground cinnamon
- 2 sticks (1 cup) unsalted butter, at room temp
- 8 ears fresh corn, shucked and each cob cut in half

Ranch breadcrumbs

- 1 cup toasted panko
- ¼ cup ranch powder (seasoning mix)
- 1 cup homemade or store-bought mayonnaise
- Finely sliced scallions, for sprinkling
- Crispy chicken skin, finely chopped (optional)
- Lime wedges dipped in chili powder, for serving

1 Heat oven to 375°F (or heat grill to medium). Bring large pot of water to a boil. Prepare Jerk Butter: In large bowl, combine all dry ingredients, then fold in butter until well combined.

2 Carefully add corn to boiling water and cook until just tender, 2 to 3 min. Drain well; when cool enough to handle, pat dry. Brush with some jerk butter and wrap each in foil. Place on large rimmed baking sheet and roast (or grill, turning occasionally) until corn is heated through and butter has melted, about 8 min.

3 Meanwhile, make ranch breadcrumbs: In small bowl, combine toasted panko and ranch powder.

4 Remove corn from oven and remove foil. Brush again with jerk butter, then top with some mayonnaise and sprinkle with breadcrumbs. Sprinkle each with sliced scallion and chicken skin if using. Serve with chili powder lime wedges.

WD TEST KITCHEN TIP

Any extra jerk butter can be shaped into a log, wrapped tightly, and frozen. Thaw in the fridge and use to liven up baked potatoes or steamed fish.

Jammin' Heart Cookies

ACTIVE 40 MIN. ✦ **TOTAL** 2 HR. 5 MIN. (INCLUDES COOLING)
MAKES 30 SANDWICH COOKIES

- ¾ cup pecans
- 1½ cups all-purpose flour, divided
- ½ tsp ground cinnamon
- Pinch ground cloves
- Pinch ground allspice
- ¼ tsp kosher salt
- ½ cup (1 stick) unsalted butter, at room temp
- ½ cup granulated sugar
- 1 large egg
- 1 12-oz jar cherry jam
- Confectioners' sugar, for dusting

1 In food processor, pulse pecans and 2 Tbsp flour until mixture resembles fine crumbs. Add cinnamon, cloves, allspice, salt, and remaining flour and pulse to combine.

2 In large bowl, using electric mixer, beat butter and sugar until light and fluffy, about 3 min. Beat in egg. Add pecan-flour mixture; mix to combine.

3 Divide dough in half. Roll each half between 2 sheets of waxed paper or parchment paper to ⅛ in. thick, then freeze until firm, about 30 min.

4 Heat oven to 350°F. Line 2 baking sheets with parchment paper. Working with 1 sheet of dough at a time, use 2-in.-round fluted cutter to cut out cookies; transfer to prepared baking sheets. Reroll, chill, and cut scraps.

5 Use small ½- to 1-in. letter and heart cookie cutters to stamp out shapes from centers of half of cookies. Bake until edges are beginning to brown, 12 to 16 min. Let cool completely on baking sheets.

6 Pass jam through wide-mesh strainer and discard any large cherry pieces. Spoon jam onto whole cookies (about 1 tsp jam per cookie). Dust stamped-out cookies with confectioners' sugar. Top jam-covered cookies with stamped-out cookies.

CORN: SARA ESSEX BRADLEY. COOKIES: CON POULOS.

From the cover

Valentine's Cake

ACTIVE 30 MIN. PLUS DECORATING
TOTAL 1 HR. 20 MIN. PLUS COOLING AND DECORATING
SERVES 16

For cake

- 4½ cups all-purpose flour
- 1½ Tbsp baking powder
- 1 tsp kosher salt
- 1½ cups (3 sticks) unsalted butter, at room temp
- 1¾ cups granulated sugar
- 6 large eggs, at room temp
- 1 Tbsp pure vanilla extract
- 1¾ cups whole milk, at room temp
- Pink gel food coloring

For buttercream

- 4 cups confectioners' sugar
- 2 cups (4 sticks) unsalted butter, at room temp
- ½ tsp kosher salt
- ½ cup heavy cream
- 2 tsp pure vanilla extract
- Pink and red gel food coloring

1 Heat oven to 325°F. Spray three 9-in. heart pans with cooking spray.

2 In bowl, whisk together flour, baking powder, and salt.

3 In large bowl, using an electric mixer, mix butter and granulated sugar to combine. Increase speed to medium-high; beat until light and fluffy, about 3 min. Reduce speed to medium; add eggs 1 at a time, beating each until incorporated before adding next egg. Beat in vanilla.

4 Reduce speed to low and add flour mixture in 3 parts, alternating with milk and beating just until incorporated.

5 Divide batter among 3 bowls (about 3 cups per bowl) and tint each bowl to desired shades of pink.

6 Spread batter in prepared pans and bake until wooden pick inserted into centers comes out clean, 43 to 47 min. Let cool in pans 10 min., then invert onto wire rack and let cool completely.

7 Make buttercream: In large bowl, using electric mixer, beat confectioners' sugar, butter, and salt on low speed until combined, then increase speed to medium and beat until fluffy, about 3 min. With mixer running, slowly add cream. Beat until fluffy, about 3 min. Beat in vanilla. Tint to desired shade of pink.

8 Use large serrated knife to trim rounded tops of cakes flat.

9 To assemble, place darkest pink layer, cut side down, on serving plate. Spread ½ cup pink buttercream evenly all the way to edges.

10 Top with second darkest layer of cake, cut side down, and repeat with frosting and final cake layer.

11 Use remaining buttercream to frost sides and top of cake. Use offset spatula to smooth sides and top. Refrigerate at least 10 min., then coat sides and top in second layer of buttercream. For extra-smooth sides, run hot water over small offset spatula for 5 sec., wipe dry, and use to smooth buttercream, repeating as necessary. Refrigerate cake 10 min. before piping.

12 Tint ⅓ cup of remaining buttercream red and transfer to piping bag fitted with small round tip. Use toothpick to score message into top of cake, then pipe over lines.

MIKE GARTEN.

WD Contributor

The inspiration for our cutest-ever Valentine's Cake comes from blogger Adrianna Adarme of *acozykitchen.com*. Be sure to check out more of her cozy baking recipes, plus savory dishes inspired by her Latin-American background. Adrianna lives in L.A. with her husband, Joshua, and corgi, Amelia.

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woman's day CELEBRATES

There's always a way to find the yay. Here, your checklist of holidays and national days to celebrate this month.

Illustration by Heather Stillufsen

February

- 2nd Ukulele Day
- 4th Thank a Mail Carrier Day
- 5th Wear Red Day
- 12th Lunar New Year
- 14th Valentine's Day
- 16th Mardi Gras
- 17th Ash Wednesday
- 18th Drink Wine Day
- 19th Caregivers Day
- 23rd Banana Bread Day
- 25th Chili Day
- 28th Tooth Fairy Day

Check out @womansdaymag on Instagram for a calendar of party starters every Monday, and share your good times with #WDcelebrates.

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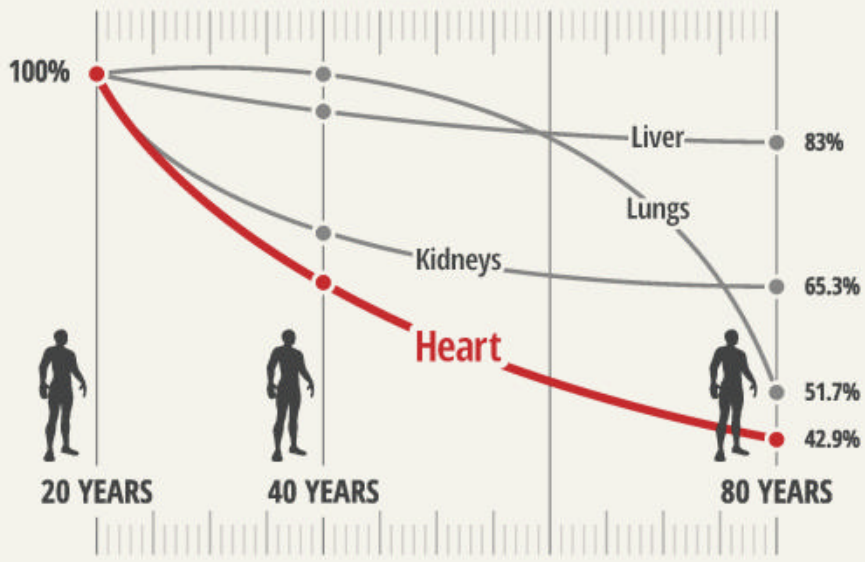
CoQ10 Distribution in the Human Body



Source: A. Kalen et al. Lipids, 24, 579 (1989)

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